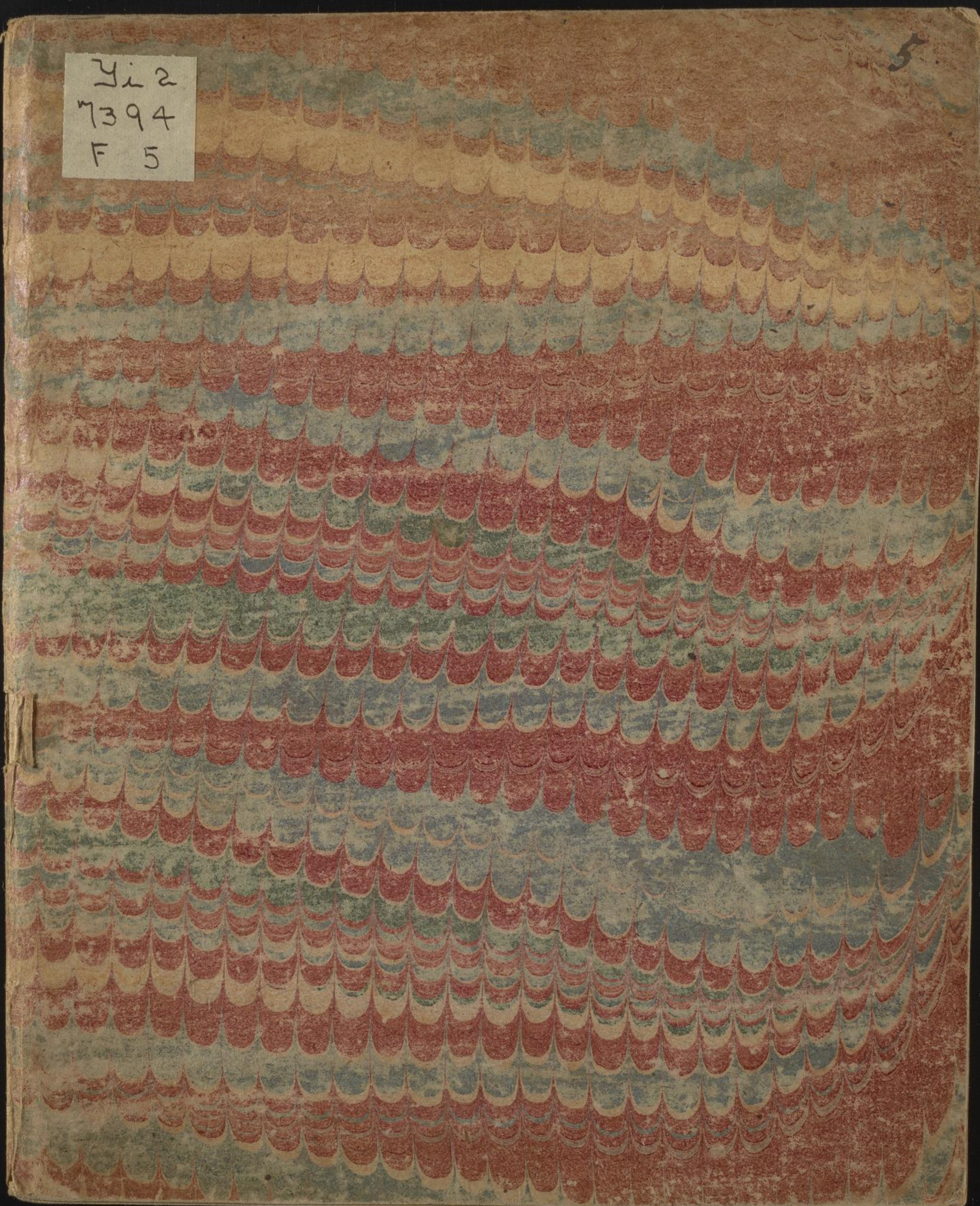
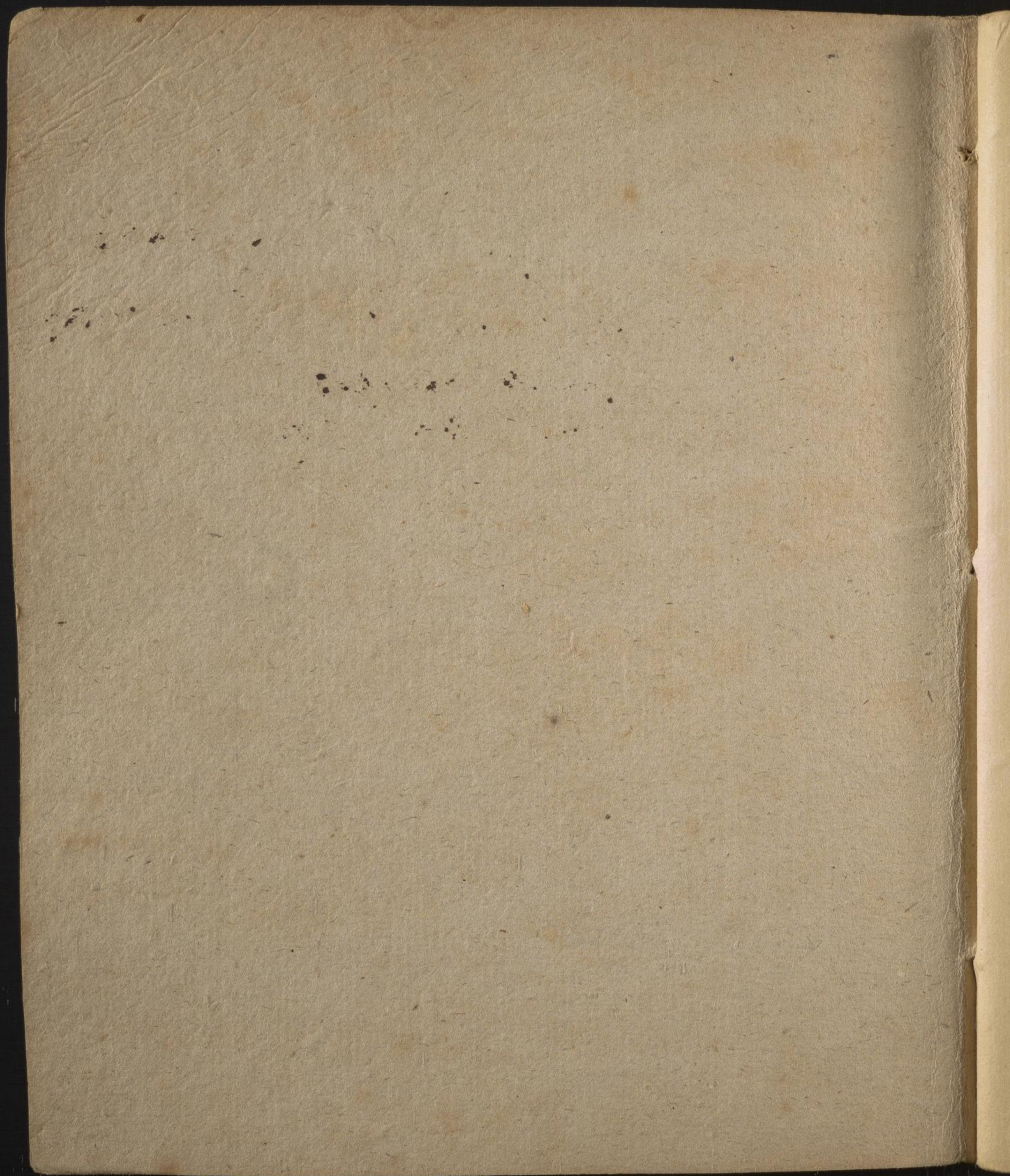


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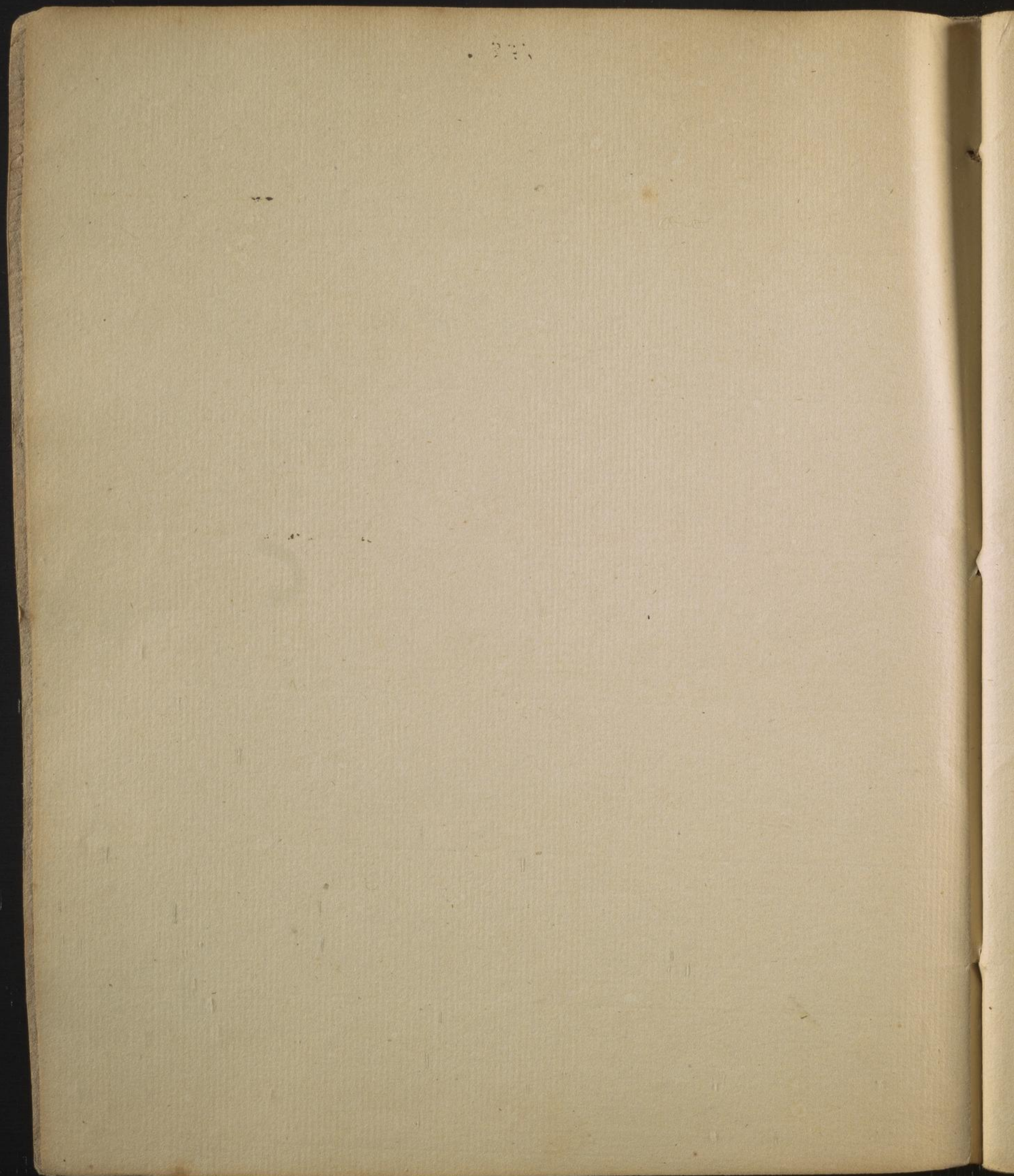






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~~Phthisis~~  
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Angina

This disease like those we have described depends  
 on <sup>a predisposing</sup> general ~~affection~~ debility. Its ~~proximate cause is~~  
~~caused of action from~~  
 "Redness & pain of the fauces, <sup>or glands of the</sup> difficulty and  
<sup>the throat</sup> swallowing & breathing, with a sense of straits  
 in the fauces - ~~and~~ <sup>with</sup> fever <sup>&</sup> with a full hard  
 pulse."

It occurs at the same seasons with other in-  
 flamm<sup>y</sup> disorders, & depend on the same proximate  
 cause. Viz: exup of action from <sup>heat or</sup> ~~the~~ cold.

Three species of tonsillaris - "affecting mucous  
 membrane of the fauces - & especially the tonsils  
 with tumor & redness, <sup>difficulty of breathing & swallowing</sup> and sometimes one or  
 both with ulceration, <sup>th</sup> accomp<sup>d</sup> w: difficulty of  
 breathing & swallowing"

2 Pharyngea - <sup>or lower part of</sup> ~~with~~ "affecting the pharynx  
 below the fauces - accomp<sup>d</sup> with great difficulty  
 in swallowing without much difficulty in  
 breathing."

3 Parotidea "affecting the parotid and  
 maxillary glands with tumor, without  
 pain in breathing or swallowing, and



V ~~Nitric Acid Ammoniac~~. ~~Dr Hamilton's of nitric~~  
~~Camphor - Calomel - Hydrat. & Opium~~. I  
have Is cold water proper to the throat?

I have never tried it, but have heard of its  
being used with success. ~~In the extreme debility &~~  
~~debility~~ - ~~If the cause of excita-~~  
~~tion~~ ~~which takes place in the throat, it may~~  
~~not as a stimulant.~~

Is a gargle of Spirit proper to the throat?

Perhaps its stimulus may be beyond the  
ratio <sup>ch</sup> ought to subsist between <sup>the</sup> Debility, & excita-  
-bility of the throat in the light of the disease, but  
I know a Gent.<sup>n</sup> who always uses it in the beginning  
of a sore throat <sup>th</sup> with the happiest effects. proper in <sup>the</sup> case.  
~~I have ordered it.~~



Sometimes succeeded by swellings in the testicles of males & breasts of females. —

For the — History see Dr Fullen. —

The remedies for the two first species are.

1 Bleeding — should be copious from the arm. Cupping to the part affected. Sometimes necessary.

2 Purges. They should always be liquid.

3 Vomits — as debilitating remedies are very powerful. <sup>Especially Nitre</sup> 4. Neutral Salts. ~~Hillier's medicine of~~

5 Applications of Oil & Sp<sup>l</sup>l to the outside of the throat. See Dr Tringle's remedy. The efficacy of this remedy proves that altho' there

is general exup of action in the system, yet <sup>after a while</sup> there is debility & defect in the seat of the disease.

6 Gargles — these all gently stimulating. 7 Blisters — behind the ears & round the throat. gently stimulating & evacuating. ✓

8 Bronchotomy — once used by Dr Bond.

— Like other inflam<sup>ns</sup> they both terminate in suppuration, — are then painful, & tedious — and apt to recur upon every



+ For its history see DeCullen. Dr Hamilton  
of Lynn Regis describes this disease very  
accurately in the 2<sup>nd</sup> Vol. of the transactions  
of the Royal Society of Edin<sup>2</sup>. — He mentions  
the disease being translated from the throat  
to the testicles (which it wasted away in two  
instances) & from the testicles to the brain  
where it produced death. Its remedies are  
evacuative applications to the throat & above  
all a blister. This effectually prevents its  
being translated to the testicles, & when  
applied to the testicles prevented its being  
translated to the brain. —

— gravis annis  
vixit ait, multo jam fractus membra labore.

Hor. Sat: 1

I have seen suddenly translated to the  
trachea in Dr Ferrius in whom it had nearly  
produced suffocation. It produced angina tra-  
chialis humoralis.



fresh exciting cause. When in the tonsils  
should be opened. Dr Radcliffe's remedy. —

The Parotidea or mumps — less distressing than  
the other species — is a surge or two, with  
any discurrent Application cures it. —

None of the three ever fatal in my practice.

Other species of sore throat hereafter.

former hydrocele the 2<sup>d</sup> hydrocele. <sup>acute & chronic.</sup> The  
Rheumatism I shall divide it into

3 States or species. <sup>1. Rheumatismus. 2. Rheumatismula & 3. Rheumatologia.</sup> I define  
it — "Pains affecting the large joints, & sometimes the  
muscles leading to them, accompanied <sup>by</sup> with  
fever, & full & hard pulse."

I shall deliver some general propositions on this  
disease.

1 It depends upon <sup>predisposing</sup> debility affecting the whole body.

2 This debility occurs first in those parts where  
most languid circulation & most action viz the  
joints.

3 It occurs chiefly after great exertions in  
walking — lifting — <sup>& after</sup> in the cold. Sometimes  
~~from a defect of exertion~~ hence Sailors, and  
Soldiers <sup>+</sup> are most subject to it.

It is ~~perhaps the only~~ true inflamm<sup>y</sup> fever.



+ Dr Mosely says that in the vicinity of  
Kingston in Jan<sup>y</sup> much <sup>Feb: &</sup> Inflam<sup>t</sup>:

Rheumatism was frequent. V.S. was  
constantly used, & in every case the  
blood was ropy. p: 85.



Its proximate cause is crasp of action in the  
 Arterial System; <sup>generally</sup> ~~with~~ from the exciting causes of heat.  
~~or cold~~ we perceive it every day in Children who  
 approach too suddenly to the fire with their fingers after  
~~see De Quilley's history~~  
 they have been exposed to the cold. — The pain here  
 is <sup>a acute</sup> ~~true~~ Rheumatism. Is attended with redness & swelling.  
Remedies

- 1 Bleeding. Copious - & every other day. +
- 2 Lenient purgis - every other day. [al of al:
- 3 nauseating medicines - ~~Dr~~ with neutral  
 Salts. Hillary commends a mixture of Nitre  
 & Sal Ammoniac. I have used Nitre. Dr  
 Hamilton of Lynn Regis extols Nitre - Camph<sup>r</sup>:  
 Calomel - & Emet & opium. If useful - only  
 when crasp of action is taken down - or per-  
 haps in the tendency of the disease to chronic  
 Rheumatism. I have tried it, without effect  
 may <sup>be</sup> obvious inconvenience. The Opium did  
 harm. Nitre - Calomel - & Emet: have an-  
 swered much better alone. They evacuate  
 every way <sup>this</sup> - Stomach - Bowels - glands &  
 pores - & with no stimulus. Calomel acts  
 only on the bowels, & not on <sup>e</sup> Arterial



I have described *Lebricula* & *Dysentericula* <sup>*Pneumonicula*</sup>

There is evidently a species of Rheumatism which is analogous to these diminutives of a strong disease. It is between the acute and

chronic, but is mistaken for the chronic. The patient walks about - and the pain often in torrents. It resists the usual

medicines given in chronic Rheumatism. I have called it *Rheumaticula*.

~~It relieves it - and the blood is rising. <sup>Capillary</sup>~~  
~~because they are so~~ It is known by a small tense pulse - ~~call~~ <sup>ch</sup> I have called *Dynoula*.

The remedies are gentle bleedings - purges - Nitre - & Blisters & cool - not cold Air.

By means of these remedies I have cured this disease in a few days after Quinine and the most powerful remedies for Chronic Rheumatism ~~was~~ had been given to no purpose.

For Rheumatalgia - go to No 8. p: 347.



System. I insist upon it & Opium protracts <sup>the</sup> cure.

4 Low diet. -

5 cool air

6 Are any applications proper to the parts affected? and what? - Heat: harmful - hence pati-

ents always worst in bed. - Bladders - Camp?

- &c &c all improper. <sup>But</sup> I have used Blisters -

Molasses - & Cabbage leaves with advantage. The

first gently stimulating, & evacuating. The last

gently stimulating. Proper only in the advan-  
ced stage of the disease when debility has taken <sup>again</sup> place, & seldom used before.

The application of <sup>we often see</sup> cold water proper? ~~fact of~~ foundered horses  
If the founder is true Rheumatism.  
caused by standing in cold water or swamps.

Chronic Rheumatism - ~~does not belong to~~ <sup>has several species</sup>

names from the parts it occupies - as Lumbago

Sciatica - The first ~~is~~ <sup>is</sup> mistaken ~~from~~ <sup>for</sup> nephritis.

but no sickness or vomiting attends it, Both

belong rather to chronic - of which hereafter.

When we have done <sup>the</sup> febrile diseases. ✓



+ Dr Wethering says a dilated pupil is the most universal criterion of this disorder.

✓ I chuse to call them Species instead of Stages, as they do not <sup>always</sup> follow in the order in which they are set down. I have seen the 1<sup>st</sup> last, & the last first. Calling them Stages is apt to lead into mistakes. —



Phthisis pulmonalis - or Phthisis pneumonia

The last a word of Dr Brown's and better than the first - ~~perhaps Chronic Pneumony more proper~~ I shall use it for a little while, but I hope a more suitable ~~name~~ <sup>name</sup> ~~will arise~~ <sup>one will arise</sup> ~~from either, if the name or the cure is to~~ <sup>in a few minutes out of our theory of the disease.</sup> ~~govern the name.~~

I define it to be "a wasting of the body with cough, hectic fever, cough, and expectoration" ~~accompanied with~~ <sup>may be divided into three species</sup>

1 The ~~inflamed~~ <sup>Asthenic</sup> phthisis pneumonia, "accompanied with cough - fever & hard pulse."

2 The mixed <sup>phthisis pneumonia</sup> "accompanied with cough & constant fever called hectic, ~~occurs~~ <sup>increased</sup> every evening with a chilly fit, & succeeded by increased fever, & profuse sweats - the pulse - full - quick & <sup>generally</sup> ~~sometimes~~ hard."

3 The Asthenic phthisis pneumonia - "accompanied with weak quick pulse - chilly fits - night ~~night~~ <sup>sweats &</sup> ~~fits~~ - <sup>or Phthisis pneumonia typhoides</sup> ~~Diarrhoea~~ - ~~in some~~ <sup>cases</sup> ~~as~~ <sup>Before I proceed to the history</sup> <sup>or treatment of either, I shall deliver</sup>



+ Sir Geo: Baker relates that consumptions  
were bro't on 10 persons out 90 by ex-  
-cessive purging used to prepare the body for  
the small pox. —

V also persons of imitable habits both of  
body & mind. [Not confined to young persons. Dr Horn's  
facts. In April 1791 Three persons of 45 & 46 had it - two died  
Dr Beardsley & Mrs Duffield] —  
+ Hence the frequency of this disorder in  
Britain - Ireland - & on the Seacoast of  
New England. Three young ladies fond of  
walking on the Battery in New York  
died with it in a few years. Perhaps  
dispose to it. s



a few general propositions upon this disorder.  
- dis. -

~~It is a disease of the whole system. This~~

1 It is a disease of ~~of~~ great debility. This is proved from the causes which produce it.

hereditary weakness, connected with the  
neck & <sup>new?</sup> ~~low~~ <sup>intern?</sup>  
Shape of the breast - fevers - grief - Scrophula  
Hippocri: - improper lactation - Asthma - Haemoptysis -  
pneumony - Catarrh - venereal disease -  
Hypochondriasis. + - cold & damp air &  
Cattle and ~~ex~~ external violence offered to

the system. The last a frequent cause. Dr  
Lind says out of 5743 patients admitted  
into Haplar hospital between July 1 1758 &  
July 1 1760 - 360 of them were consumptive  
patients <sup>in</sup>  $\frac{1}{4}$  of whom ~~were~~ the disorder was  
owing to falls - bruises - & strains received 1 or  
2 years before they were affected by the  
consumption. 2 From the persons most  
liable to it. They are persons who live  
sedentary lives - <sup>tradesmen</sup> ~~in persons~~ who work  
in confined places - inhabitants of  
cities, & women. The predisposition to



Persons most liable to consump<sup>n</sup> - It is  
between 16 & 36 - a period in which the  
system is most liable to be affected with  
all the diseases & which dispose to it, & the  
exciting causes which produce it. But not  
confined to young persons. See Table opposite  
to p. 58.

+ faintness - Sickness of Stomach - Diarrhea  
&c -



consumption is increased in these people by intemperance - & fatigue - whether in business or pleasure. Indians - first settlers whose manner of life resembles the Savage - <sup>are</sup> ~~are~~ never affected by it, & men who work in the open air, & especially country people are seldom affected by it. 3 From the age of

II<sup>o</sup> It is a <sup>primary</sup> disease of the whole system, and Ulcers - tubercles - haemorrhages & Vomicae so much the "objects of the faith & fear of physicians" <sup>to use the words of Dr Brown</sup> are the consequences & not the cause of the disease. — This I prove

2 by the quick pulse - burning in the palms of the hands <sup>+</sup> & <sup>the</sup> preceding any comp<sup>n</sup> in the lungs & by the debilitated <sup>constitutions</sup> habits & manner of the people most subject to it.

3 by the following fact from Dr Lind, Turn back to p: 158. 1 By the <sup>causes</sup> ~~remedies~~ which produce it 5 By the ~~remedies~~



✓  
6 By its frequently alternating with the Rheu-  
matism <sup>& anasarca</sup> <sup>ch are</sup> evidently <sup>the former</sup> diseases of the whole  
System. I have seen ~~the~~ frequently, & in particular  
two cases of its terminating favorably in a  
Rheumatism <sup>or pain</sup> in the head. I have the latter  
<sup>twice</sup> - ~~in the head~~ <sup>viz: in Miss Bolton &</sup> <sup>Mr Taylor</sup> <sup>or near Darby</sup>  
In a word, it seems to be general law of the

System that in a debility of the whole external  
part of the body, an exciting cause will always  
act upon the weakest part. <sup>now</sup> The lungs are  
the weakest part of the external surface of

the body. — Head ache often alternates with it - also  
<sup>sick stomach - and pain or noise in the right</sup>  
<sup>ear & Dysuria.</sup>

Let it not be objected here that we often  
see Consump<sup>n</sup> from Catarrh - Measles - &  
Dysentery - But these diseases never produce Cons<sup>n</sup>  
unless there has been <sup>predisposition from</sup> previous debility, or unless debi-  
litating causes have succeeded afterwards  
such as premature exposure to the cold - in-  
temperance - indolence - bad air - or exertion  
labor. Nor let it said that we sometimes see the  
disease produced by Contagion. This subject  
merits some inquiry. Valsalva Morgagni



160 The termination  
which cure it & ~~the termination of~~ of this  
general debility in an affection of the lungs  
is no more than w<sup>t</sup> happens in many  
other cases. The debility of old age terminates  
in a cough called Catarrhus senilis. Rhind  
tells us that the <sup>last stage of</sup> jail fever <sup>was</sup> often <sup>marked</sup> ~~went off~~  
by a cough. I have seen two instances of  
Hippocrandriasis ending in a cough which  
induced <sup>in</sup> it all the symptoms of consump-  
-tion - But why multiply proofs of our  
opinion - The debility which precedes  
death generally <sup>appears finally in</sup> ~~falls upon~~ the lungs -  
- hence most people die <sup>in</sup> the Rattles.  
They are ~~permeated~~ excretion from the  
lungs - a kind of sudden, or apoplectic  
consumption. VI

III. Debility being universal, & excitability  
increased by it more in the lungs than  
elsewhere, heat, cold, <sup>loud singing - speaking - hallowing</sup> or violence of  
<sup>singing - coughing - running - &c.</sup> any kind become exciting causes, and



tells us would never attend the dissection of the  
lungs of a person who died of consumption - but  
he adds that he was predisposed from a weak  
breast to ~~that~~ that disorder. We ~~often~~ sometimes  
see whole families carried off by - but we must  
remember that whole families <sup>often</sup> have the same figure  
of back & breast & irritable arterial systems & that  
the members of the same family <sup>attend</sup> ~~visit~~ on each other  
in this disease, by which means they are predisposed  
to it by the debility produced by fatigue, so that <sup>it</sup> is  
more easily excited by <sup>particularly by rising in the night, per-</sup> other causes. But we are told  
- happens even <sup>th</sup> the sweat of the patient.  
of the practice of disrobing houses, & burning cloaths  
&c in Portugal - True! it <sup>is possible</sup> may be conveyed by  
a portion of acid matter into a sound body - but here  
it does not act till it produces general debility &  
this begins in the lungs instead of the whole system.  
I have seen <sup>three</sup> ~~two~~ cases in which ~~it was supposed~~  
~~the disease was taken by contagion.~~ <sup>that</sup> it was supposed  
the disease was taken by contagion. Polly McCall  
Mrs Huntington - & Miss Budd - all of them attended  
on <sup>friends</sup> ~~persons~~ or relations who died with it - One of  
the 3 recovered by the use of remedies to be mentioned hereafter.  
It was the lady of Resid<sup>t</sup> Huntington - Durdston



produce inflam<sup>n</sup> and inflam<sup>n</sup> action in the  
 whole system. The cause you see the same  
 as pneumonia, ~~as~~ the disease is less acute  
 only because, there is less strength in the  
 system to produce violent action. It is prod<sup>d</sup>?  
 like pneumonia by indirect debility. The  
 causes <sup>th</sup> induce it compared w<sup>th</sup> those which  
 induce pneumonia are as 6 - to 10 - but the  
 system on which they act is proportioned  
 to them. It is, compared with a system  
 likewise disposed to produce pneumonia, as 6 - to 10.  
 It is then you see to pneumonia in febris  
- icula is to the antimonial remitting  
 fever, or Dysentericula to the true Dy-  
 sentery. It is more common now y.  
 50 years ago in America - why? our  
 systems less able to produce a genuine  
 pneumonia - <sup>than formerly</sup> they therefore  
 spend themselves in a feeble  
 inflam<sup>n</sup> called pulm<sup>y</sup>. consumption.



& other foreign substances produce consumptions<sup>n</sup> by first debi-  
-litating from constancy of the cough, especially  
at nights. The miller's cough increased by lifting  
weights, & watching his mill at nights - heats &  
colds. - Ulcers produce them, because they throw  
y<sup>e</sup> debility on which they depend on y<sup>e</sup> lungs. -

✓ Inward & major hem. -



even I follow the analogy of the other  
 diseases that have been mentioned, I  
 call it Pannonicula. It is a little more  
 = worry.

For the history of all the symptoms of Con-  
 -sumption see Dr. Bothingill & Cullen. One thing to  
 be added to it. Patients not only have hope, but conceal such  
 symptoms as w. ~~lead~~ to a knowledge of the disease or danger. The  
 course will divide itself like the

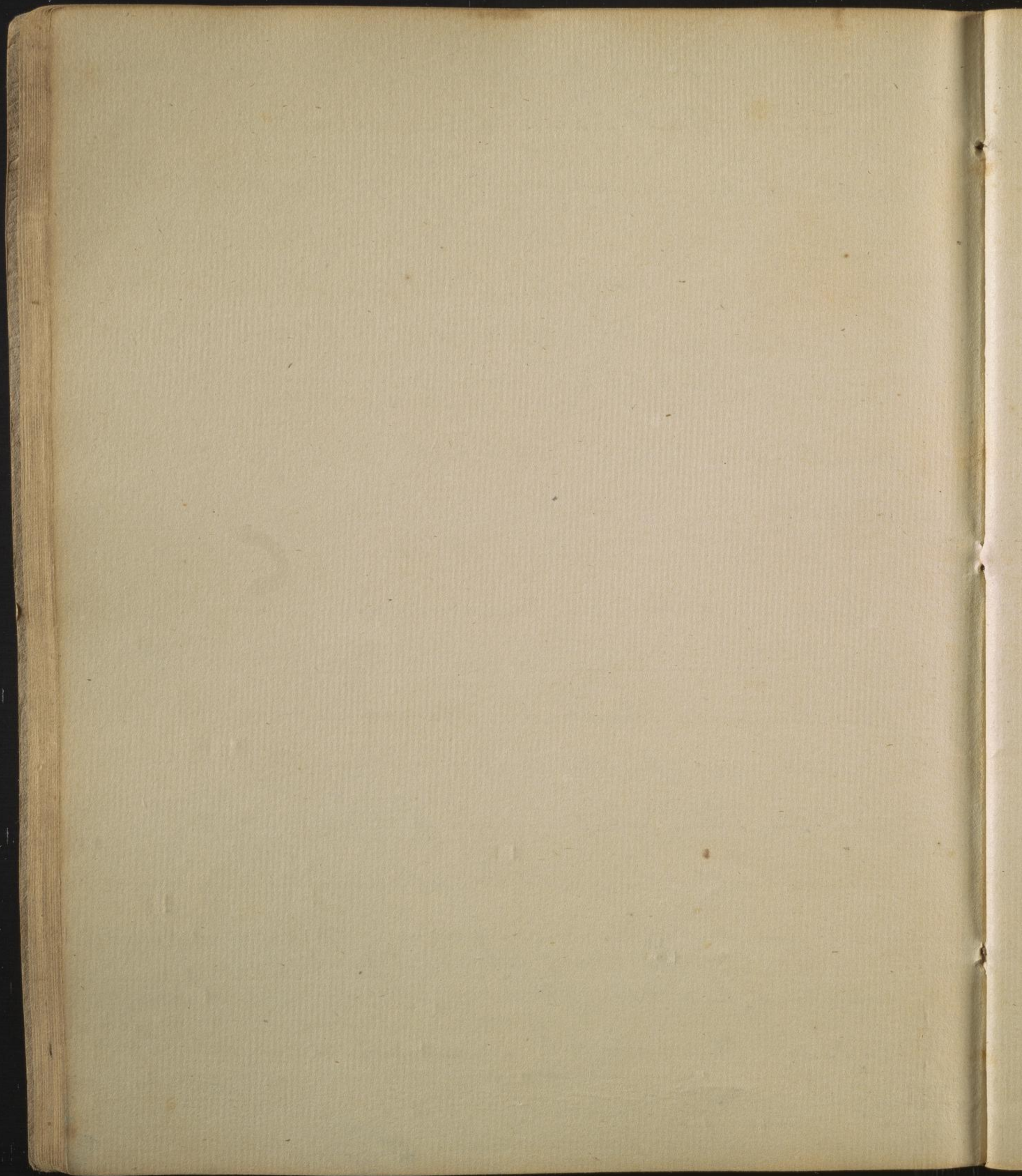
course of diseases we have described into  
 Stages. —

### 1 The preventing Stage.

The disease has its precursors. — ~~see~~ Slight  
 fever — burning in the palms of the hands —  
 flushing in the face — slight pain in the  
 breast — or shooting pains in the sides. These  
 are the dreadful premonitors of a ~~cost~~ <sup>consumption</sup>.

— now is the time to be alarmed. The remedies  
 here are simple & certain. They are gentle  
 in some cases cold Bath & Bark — ~~the~~  
 exercise & a desertion of all the causes w.  
 induced the debility. ~~many~~ young men  
 if bound to sedentary occupations which  
 produce these symptoms shd be separated







from y<sup>r</sup> masters - Damps & cold situations  
 or rooms <sup>ch</sup> ~~the~~ always debilitate should  
 be forsaken - & every disease of the worst <sup>the</sup>  
 which threatens it should be eradicated. ~~For~~  
<sup>all causes of irritation shd</sup>  
~~this~~ diet shd be regulated - ~~not too~~ <sup>be removed -</sup>  
 shd be used if the pains in the breast have  
 produced hardness or even fulness in the  
 pulse. In this way I think I have prevented  
 death from consump<sup>n</sup>: in an hundred  
 instances. - The exercise ~~shd~~ in this stage shd be  
 of a peculiar kind. All exercise divided into  
<sup>& mixed</sup> Active <sup>are</sup> passive. The Active - walking - running -  
 jumping - & all other in which the muscles of the  
 whole body are employed. The passive - are Riding  
 in a carriage - sitting & swinging - <sup>called gestation.</sup> The mixed are  
 riding on horseback - or driving a chair - rowing  
 a boat - & all others where the body is only  
 partially exercised. The exercise for preven-  
-ting a consumption should be ~~active~~ <sup>of the</sup>  
mixed kind - Riding on horseback is I had



v The order of milks is 1 Women - 2 asses - 3 goats - but cows equally good - and more easily obtained -

<sup>water may be added to the milk or</sup>  
In cases of great excitability, whey &

Butter milk should be preferred to milk. <sup>They</sup>

are less stimulating than milk which contains

Oil & Cheese. Whey or Cheese - Butter milk no  
<sup>When milk is used, it should not be skimmed - the</sup>  
Oil. For some cases a little animal food  
certainly helps to promote solution of curds. Food  
is necessary, especially in the 2<sup>d</sup> ~~stage~~ <sup>period</sup>, when

Here white meats are to be preferred. <sup>They</sup>

they lie long on the stomach, they have

~~least~~ least stimulus of any animal sub-

<sup>not boiled</sup>  
stances. Eggs may be joined with them.

It is remarkable ~~in this disease~~ that

the stomach & chylific<sup>ve</sup> viscera are seldom

impaired in this disease. Dr Read thinks good

teeth accompany this disease - of course a defect

of mastication as a part of the process of

perfect chylification can have no share in

it. <sup>Here we see an instance</sup>  
producing this disease. ~~Here we see an instance~~

among many that might be produced, of health in

among many that might be produced of contr-

one part of disease in another part of the body. To avoid

~~indications in the same disease~~



Rowing<sup>164</sup>. Dr. Thomas's remedy. -  
almost said infallible - In cases of more advanced  
debility, & some pain or action in the system failing  
should be preferred. - Active here - hurtful - by  
being so soon attended with ~~loss of excitability~~  
~~fatigue~~. -

Cure of the 1<sup>st</sup> and 2<sup>nd</sup> Species. -

1 Gentle Bleeding. This ~~is~~ remedy is as necessary  
in pneumonia - for it is a low degree  
It is the more necessary from the appetite continuing  
of the same disease. The quantity drawn sh<sup>d</sup>.  
as good as ever. <sup>in pneumonia</sup> ~~increases~~ <sup>from 3 to 3 or 4</sup>  
be up - but it sh<sup>d</sup>. be often repeated; I lay great

stress upon this remedy, and have saved many  
lives by it, but generally at the expense of  
times in 2 weeks, -  
my reputation - for it is a disagreeable remedy  
to most patients, & very unpopular among their  
friends. But I continue to use it, & beg leave  
to recommend it to you, as you value the

lives of your patients, & the peace of y<sup>r</sup> minds.  
It has the sanction of the names of Mead & Pringle & ~~many~~  
Cullen. Dr. Cullen says removes inflam<sup>n</sup>, & prevents healing of  
2 Low diet - particularly with & veg.  
~~meals should be divided to prevent stimulus~~  
- Dr. Brown's breakfast of beefsteak is death  
in this species of the disorder. - V

3 Pomits - Ipec: sh<sup>d</sup>. be preferred. They are.



the stimulus of aliment in the utmost possible degree - ~~the meals should be divided six a day better than three~~ In the choice of vegetables a regard should be had to their stimulus. Where there is great inflammation those sh<sup>d</sup> be preferred <sup>we</sup> have least. Sansonetti tells us a case of a young man cured by eating Strawberries. It is probable - for they are n<sup>o</sup> 1 - in the table of the relative degree of stimulus in vegetables. A moderate quantity of sugar affords much nourish<sup>t</sup> at the expense of little stimulus - I have known one instance of a cure by drinking the fresh juice of the cane in the West Indies, & another by drinking the fresh juice of the apple - both of which contain sugar. <sup>Morgan's cure by Barley & milk & is tested together</sup> ~~in a flat~~ Where the Stomach is affected by <sup>& gruel made of it</sup> Dyspepsy ~~some~~ minimal food of easy digestion, tho' stimulating cannot be taken. This is a deplorable case & shows the certainty of two indications in one disease, contrary to the declaration of D<sup>r</sup> B. - In all cases the meals should be divided six small ones a day - less stimulus than 3 larger ones.







✓ & moderate stimulus applied to the lungs parti-  
-cularly gentle heat. I have ~~performed~~ <sup>performed</sup> several con-  
-sumptive patients thro' our winters by ~~incubating~~ <sup>confining</sup>  
them in stove rooms. heat appears to be necessary  
~~the gentle heat acts as a stimulus to the~~  
~~lungs, for this is necessary even while the~~

water system in other parts requires debilitat<sup>n</sup>?  
medicines. <sup>But further</sup> I suspect the efficacy of the sea  
air in consump<sup>n</sup> in voyages is owing to its <sup>in part</sup>  
being impregn<sup>d</sup> with sea a little sea salt is:

gives it a gently invigorating action on the  
The efficacy of a country air I believe depends on its <sup>direct</sup> gentle  
lungs. The smoke of burnt resin & tar seems  
stimulus.<sup>n</sup>

to act in the same way. Galen used to send his  
patients to Stabiae a high country between the  
Mediterr<sup>an</sup> sea & warmest reservoirs - where the  
air was constantly impregnated with the  
salt ~~air~~ particles of the one - & sulphurous  
effluvia of the other. Lybia a pine country  
was formerly resorted to in consump<sup>n</sup>.  
Now ~~the~~ Lybia was a pine country &  
the effluvia of the pines was gently stimu-  
-lating to the lungs. <sup>Perhaps moderate speaking or singing may be con-</sup>  
sidered as a stimulus. Adagio fact. <sup>U 90<sup>th</sup> Promoting a</sup>



debility of the lungs, while other parts of the system are in a state of <sup>exhaustment</sup> ~~inertness~~ <sup>active</sup> 'Opium

gives ease, by giving a temporary tone to the lungs.

~~Exhaustment is a state of the nervous system, or a state of the system.~~

The use of these remedies requires a careful ac-

commodation to different proportions of the in-

flamm<sup>n</sup> diathesis. If they fail - they serve as

twigs to break the fall down the precipice of life.

9<sup>th</sup> avoiding ~~cold~~ Damp - & night air, & especially

cold feet by means of cork soles. - also unwholesome

air by sleeping in a small confined room <sup>with</sup> ~~even~~ with

curtains. - X V <sup>walking in</sup> ~~Change of climate~~ <sup>good</sup> ~~a warm one.~~

The 3<sup>d</sup> Stage is after inflamm<sup>n</sup> diathesis is wasted,

or subdued. - Here ~~a change in the remedies~~

sh<sup>d</sup> be <sup>in the</sup> as different as between inflamm<sup>n</sup> & typhus

fever. -

I Stimulants <sup>consisting</sup> of ~~particulars~~ in 1 medicines

2, diet - & 3 Exercise.

1, medicines - Balsamics - Bals Cap: Peru -

tar - & turpentine - also bitters of all kinds

especially Cherry tree bark - Dandelion - horse-rail -

- ~~Acids as Elix<sup>r</sup> Vit. & Senega fruit~~ - & Opium.

Is bark proper here? yes - but inferior to all the above.

2, Diet - There we let our patients

eat - explained - <sup>med<sup>y</sup></sup> by grad<sup>y</sup> ven. disease - or by

breakfast & dine every day with

<sup>turpentine</sup> D<sup>r</sup> Brown - animal food - sh<sup>d</sup> be prefer<sup>d</sup>.

Oysters have done service. Capt. Ling & Dr

Latimer's cases. - Trepier - of a woman cured by oysters.

Exercise 3<sup>d</sup> Should be of the active kind - especially



determination to the Skin by means of flannel  
waistcoats or Shirts - They not only ~~increase~~ <sup>lessen</sup>  
determination to the Lungs, but they render  
the system less liable to be affected by the  
vicissitudes of the weather.

11 <sup>a moderate</sup> Change of Climate, where the heat is not  
so intense as to be stimulating, & thereby to  
produce indirect debility. ~~But~~ ~~such~~ a  
sultry July or August are as fatal in this  
Country as a tempestuous <sup>& variable</sup> March. Consumpti-  
ve patients should be sent to South Carolina -  
Providence - Barbadoes - ~~or~~ Bermuda - or Portugal,  
where the air is temperate & equable.  
from this Country, ~~Madagascar~~ Jamaica - & all the  
hot Islands improper. - Madeira unhealthy from  
the lightness & perhaps purity of the air - see Dr  
Gordon's letter to his M<sup>o</sup> Pingle. To render a  
change of Climate effectual, a patient  
sh<sup>d</sup>. enjoy it for at least two years. -  
Aethicus remained 2 years in Asia <sup>from</sup> whence  
he returned cured of a Consump<sup>n</sup> to Rome.



riding on horseback Dr. Hydenham's enema  
 and after Dysuria came on. Mrs Bird's case.  
 on it. To this sh<sup>d</sup> be added flannel next to the  
 skin. — warmth to be recom<sup>d</sup> & cold avoided  
 as in the former species, and if patient is able  
 to bear it — Change of climate. —

I have said <sup>treatment</sup>  
 Withstands nothing ~~but~~ of the ~~state~~ of the  
 lungs, nor of the numerous methods of discovering  
 the presence of pus in them, or whether they are  
 affected by tubercles - Ulcers - Abscess - or simple  
 defluxion. ~~For~~ It is of no more consequence  
 in my opinion to inspect the matter discharging  
 in Consump<sup>n</sup> <sup>than</sup> to inspect Chamber pots in a fever.  
 All Consump<sup>n</sup> begin with defluxion only, or  
 increased excretion, and many dissections  
 show that patients have died with ~~consum~~ <sup>all the</sup>  
 symptoms of Cons: <sup>& yet have had</sup> ~~with~~ sound lungs. Moreover  
 I believe as many recoveries happen  
 with Ulcers as without them. I shall  
 only make two remarks. 1<sup>st</sup> Consump<sup>n</sup>  
 which terminate in tubercles, as indicat<sup>ing</sup>



✓ This I hope will not always be the  
case. we cure diseases of equal way of  
greater general debility, <sup>& even of chronic</sup> by means of  
medicine - at least so far as to enable  
our patients to benefit by Air, Diet & Exercise.  
The principal difficulty in my opinion is  
to remove the Hectic fever. Is this fever  
analogous to the purpurile - scarletina -  
& typhoid fevers? If so no wonder none of  
the usual medicines take effect in it.  
what would Arsenic do? -

It is remarkable how long some  
people live in this disorder. Dr Galt's  
mother in law aged 64 was affected with  
a Cough 35 years ago - has often spit  
blood & matter from her lungs - borne  
six children in <sup>4</sup> time - is worst when  
she's out cough - is better as she grows  
old - is not of a consumptive family.



the greatest debility, & are more dangerous & more frequently fatal, than any others. They often appear in the neck - before they are supposed to exist in the lungs. - 2 ~~and 3~~

The disease produced by Verruca - <sup>is the most benignant</sup> ~~from~~ the species of

Consumption<sup>n</sup>. - It often exists without great debility - & has been frequently cured by nature, or by very trifling remedies. The cures performed by Strawberries - grapes &c seem to be only of a <sup>consumption<sup>n</sup></sup> ~~disease~~ from Verruca. - In if it deserves that name. -

After all that has been said Cons<sup>n</sup>:  
Often, ~~so~~ may generally baffles all the remedies that have been mentioned. What then is to be done - ? Shall we abandon it as an incurable disease? By no means. It is not incurable - It has been cured. The remedies are, such applications as are calculated to produce that tone in the system which is imparted to it by the manner of life of those people who are exempted



v 4 Vanswieten says he has seen fishermen  
& sailors cured of consumptions by blowing  
coachmen. —

+ and thereby keeps the system con-  
-stantly vibrating between tone &  
debility. — Dr. Denham recommends the  
same regard to constancy of exercise in the  
gout. when used only by fits & starts, he says  
it does harm. p: 497. of Swan's edition.



from it. These are 1 bear 2 labor & Exercise.

1 Col: Parke's - Jos: Montgomery & the Britton's  
- Maslowy - Lieut: Pries - & many other cases.

2 The Jersey youth who was taken prisoner.

3 The Dr Franklin's Shoemaker. See inquisis.  
the trials of war & labor

As ~~was~~ not always practicable or agreeable,  
our dependance must be upon Exercise.

- To render this effectual, I shall here deliver  
a few directions which will apply hereafter  
to <sup>all</sup> such other diseases as require this  
invaluable remedy. -

The exercise proper in a Consumption is  
only to be had in a long journey.

Short excursions are proper to restore health  
after an acute illness, ~~but~~ they are then  
highly agreeable & useful, but they are  
rather hurtful in Chronic Diseases, and  
especially <sup>in</sup> the Consump<sup>n</sup>. For they are so  
short that they excite more action than  
power <sup>+</sup> & They <sup>moreover</sup> excite appetite without  
adding to the digestive powers. But this is not



V I would here remark further that long  
Journies are more necessary in consumptions  
affecting women than men. The courage of  
women is of the papine kind - <sup>notwithstanding</sup> & hence they  
they endure pain & distress with more fortitude than men, <sup>yet</sup>  
they possess less enterprise in undertakings of  
every kind than <sup>our sex.</sup> ~~men~~, ~~altho they~~ They moreover  
abandon themselves to despair & death in  
<sup>danger much sooner</sup> ~~dangerous distress~~ than men. St. Wm.  
Hamiltons in his hist of the late dreadful  
earthquake at Calabria, has furnished us  
with a striking ~~proof~~ illustration of the truth  
of this remark. He tells us that in digging into  
the ruins of the earthquake, the ~~women~~ <sup>women</sup> were  
always found with their arms folded, as if  
they had given themselves up to immediately  
to despair & death, whereas the men were  
always found with their arms extended as if  
they <sup>had</sup> resisted their fate to the last moments of <sup>their</sup> lives.



all the evil ~~things~~ that attends them. They are often postponed on acc<sup>t</sup> of disinclination, or bad weather - and when used - the thro<sup>t</sup>s that they are used to promote health, or <sup>to</sup> save life, sink the spirits and thereby do more harm than good. v

In long Journeys - there are the following Advantages. 1 a constant succession of new Objects which divert the mind, & cause it to forget its danger, and by invigorating the mind, invigorate the body. - 2 There is a constant change of ~~air~~ air which is highly useful in all diseases & especially in the lungs. - It is this, which makes sailing so useful in consumptions. - 3 It is constant not liable to interruptions from company or weather - so that appetite & digestion - action & power keep pace with each other.

To render Journeys effectual the following directions should be given in writing to



"  
+ Riding & long journeys as effectual in Cons.<sup>n</sup>  
as  $\frac{1}{2}$  in Lues, or Bark in Intermittents, provided  
that are aimed - Persons beyond the prime of life  
require longest journeys." Sydenham p 446.

✓ For this purpose, they must begin by  
travelling only a few miles <sup>a day,</sup> & increase  
the distance of their stages, as they  
increase their strength. If patients are  
unable to bear the ~~fatigue~~ of a journey,  
the following scale of exercise sh<sup>d</sup> first be  
adopted. 1. Rocking in a cradle, or a  
<sup>Lox & Winhoff's case.</sup>  
carriage. 2. Swinging. 3. Riding sailing.  
4. Riding <sup>all wheel</sup> in a carriage in a walk. 5. In  
a trot - 6. Riding in a Chair 7. Riding on  
horseback in a walk & pacing - canter-  
ing & trotting D<sup>o</sup> - In all these cases  
the stimulus is proportioned to Excita<sup>n</sup>.  
& in this consists the together with changing  
or Alternating consists the first secret of the  
art of healing. —



our patients. +

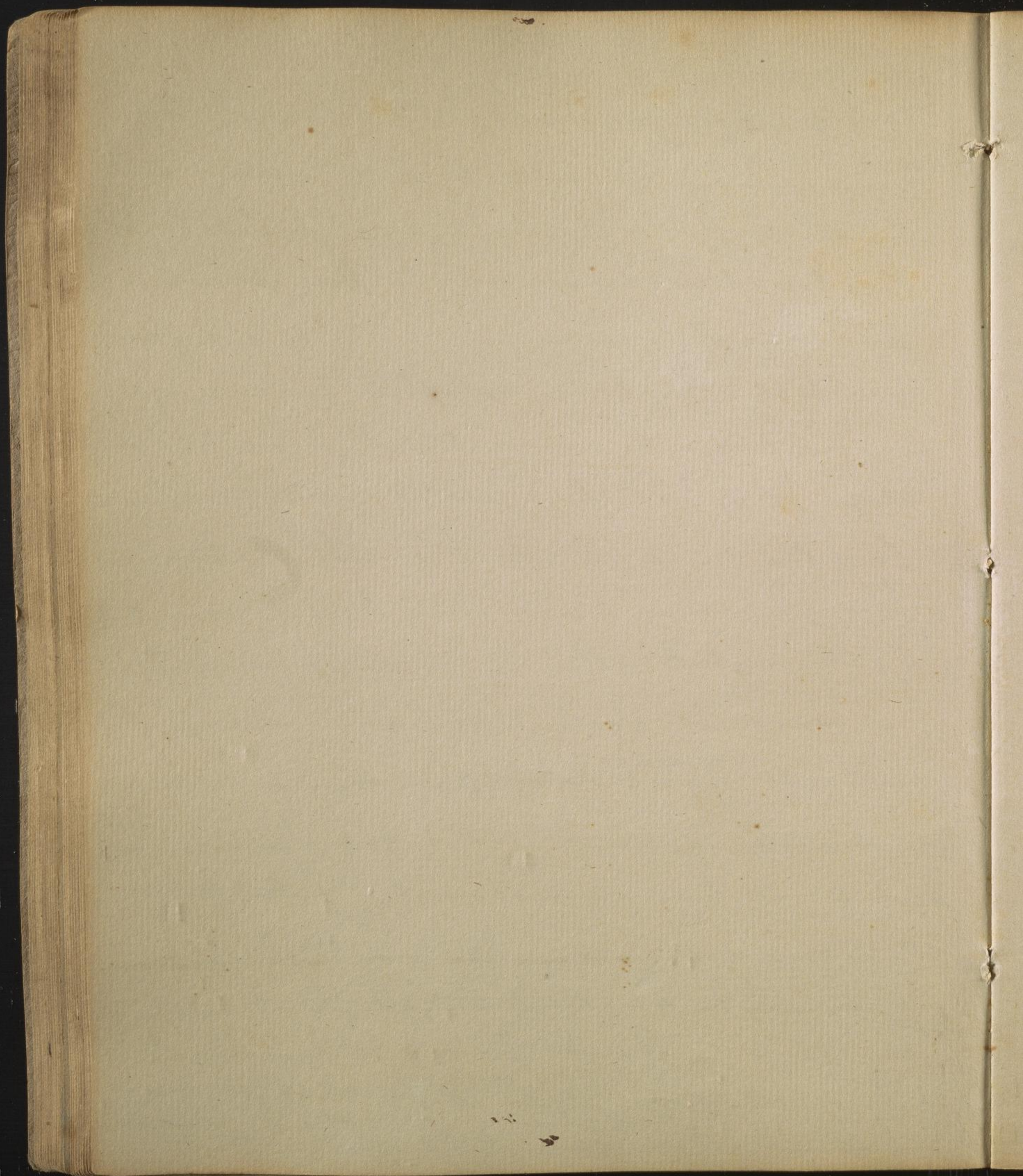
1 To avoid fatigue. "ne quid nimis," or  
 "omne minimum est Natura inimicum" sh<sup>d</sup>?  
 be the mottoes of their carriages, or saddles if  
 they travel on horseback. — This Advice is of  
 as much consequence as it to rise from  
 our tables with an appetite for more food,  
 or our beds with an inclination for more  
 sleep. It should be repeated over & over. —

It is the hinge on which a recovery turns.  
 — many — many cures have I seen prevented  
 by the neglect of this important direction.

— I repeat it again — therefore — charge y<sup>r</sup>  
 patients over & over when they set off on  
 y<sup>r</sup> Journeys to avoid — not highwaymen — <sup>but</sup> ~~no~~  
 — what will be more certainly — fatal, fatigue.

2 To avoid travelling too soon after eating,  
 especially <sup>eating</sup> a plentiful meals, & if accident  
 or necessity should lead to it never to  
 travel too soon after it. To eat likewise if  
 hungry in the night. <sup>— in the</sup>  
 3 To avoid travelling too soon in the mor- <sup>— in the</sup>





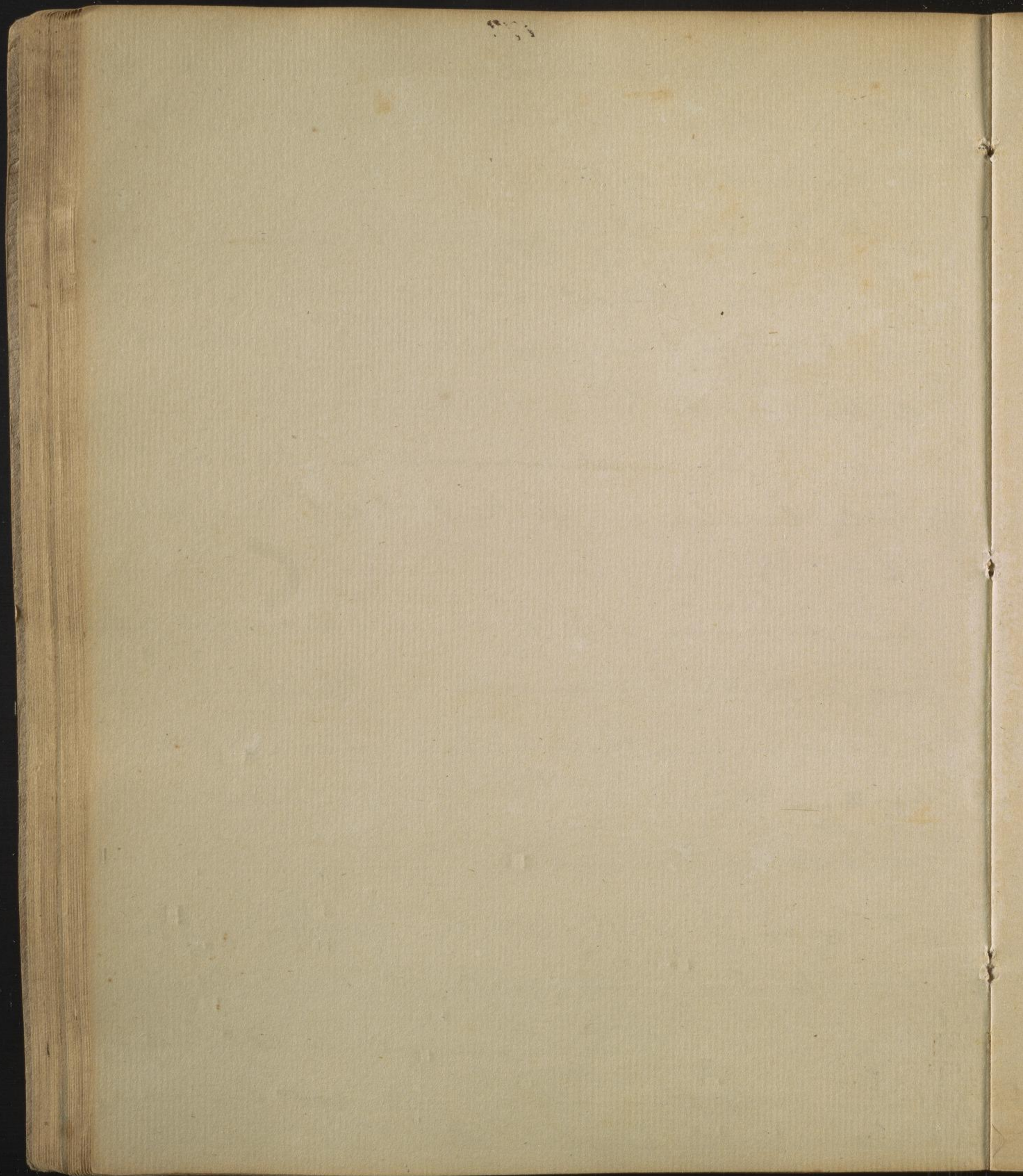


It never after sunset in the evening. If the weather is warm - always lie by in the middle of the day.

4 To change their apparel with the Air. This of the utmost consequence. I think my life has been preserved <sup>for 20 years</sup> by a faithful attention to this rule especially in summer. | Too ~~much warmth~~ <sup>warm is</sup> as bad as too cool clothing - for But little danger from this quarter. I never have seen <sup>have heard</sup> ~~one~~ <sup>one or two</sup> person diseased from too much warmth in clothing, but I have many thousands disordered from ~~too thin~~ clothes not accommodated to the coolness of the weather.

5 ~~How~~ If it should be necessary for them to lie down or to sleep in the day time, advise them ~~never~~ to be always to undress themselves, & to get by down between the Sheets <sup>or</sup> Blankets. The ligatures







of garters - Hoops - ~~brace~~ knee bands  
 wristbands - waistcoats - or Stays are <sup>all</sup>  
 unfriendly to ~~health~~ in sound sleep. -  
 - hence persons often awaken <sup>from</sup> in an  
 afternoon's nap in terror from dreams  
 - or in profuse sweats - or with <sup>head</sup> ache  
 or sick stomach - & generally out of  
 humor. - The honey-moos are so sensible  
 of this that they always ~~wade~~ sleep in  
 their shirts in the woods. - & an intelligent  
 gentleman of this profession informed  
 me that he had seen some ~~to~~ young  
 travellers attempt to sleep in their  
 cloaths <sup>now</sup> complain of indisposition, & be forced  
 to lay them aside, when they laid down in  
 their blankets. I know a lady in this  
 city who has long been in the habit  
 of sleeping every afternoon who undresses  
 herself as completely when she lies down



Syrup

To Emul: Camph:

Pre: glycyrrhiz

Flor Sulph: — a 3i

Runn this when burnt  
add Water. & honey &  
boil y<sup>m</sup>: into a Syrup — &  
give Cord: i freq<sup>t</sup> when the  
Cough is troublesome.



Docten Rush will Oblige William Cooper  
of the Bridle road leading from  
Towandee as William Cooper is informed  
off from the Towande, which may lead to  
Sasquehanna



Cooper by obtaining a true account  
from the forks of Loyall Lock to the  
form that there is a false road leading  
ad me astray when I come Down the



Memorandum for  
Do<sup>t</sup> Hugh

1 Indians

2 first letters

3 C<sup>o</sup> common in  
Country & city.

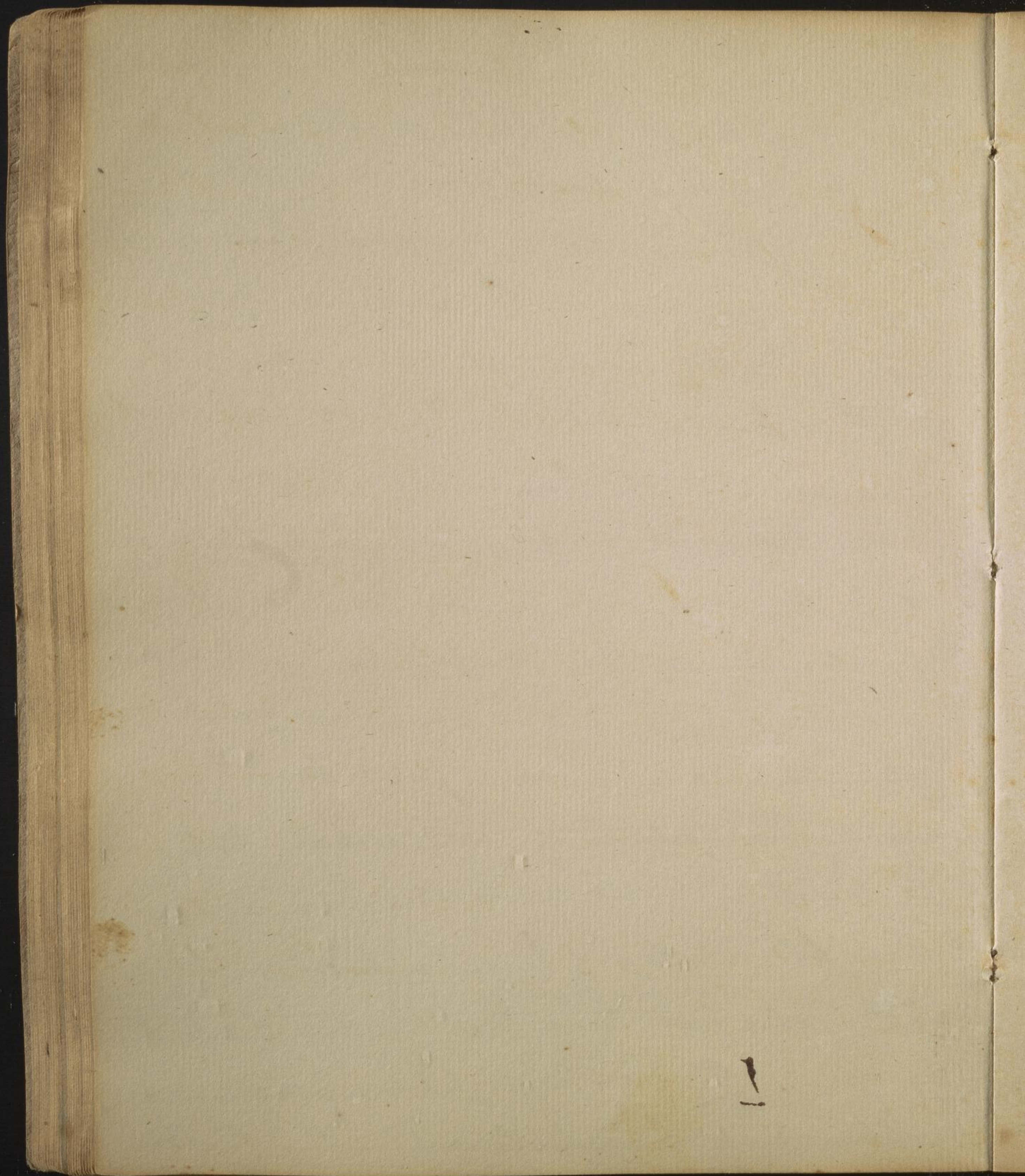
4 C<sup>o</sup> lat<sup>r</sup> & led<sup>r</sup>

Employer

5 more common to<sup>th</sup>

common & me<sup>n</sup>

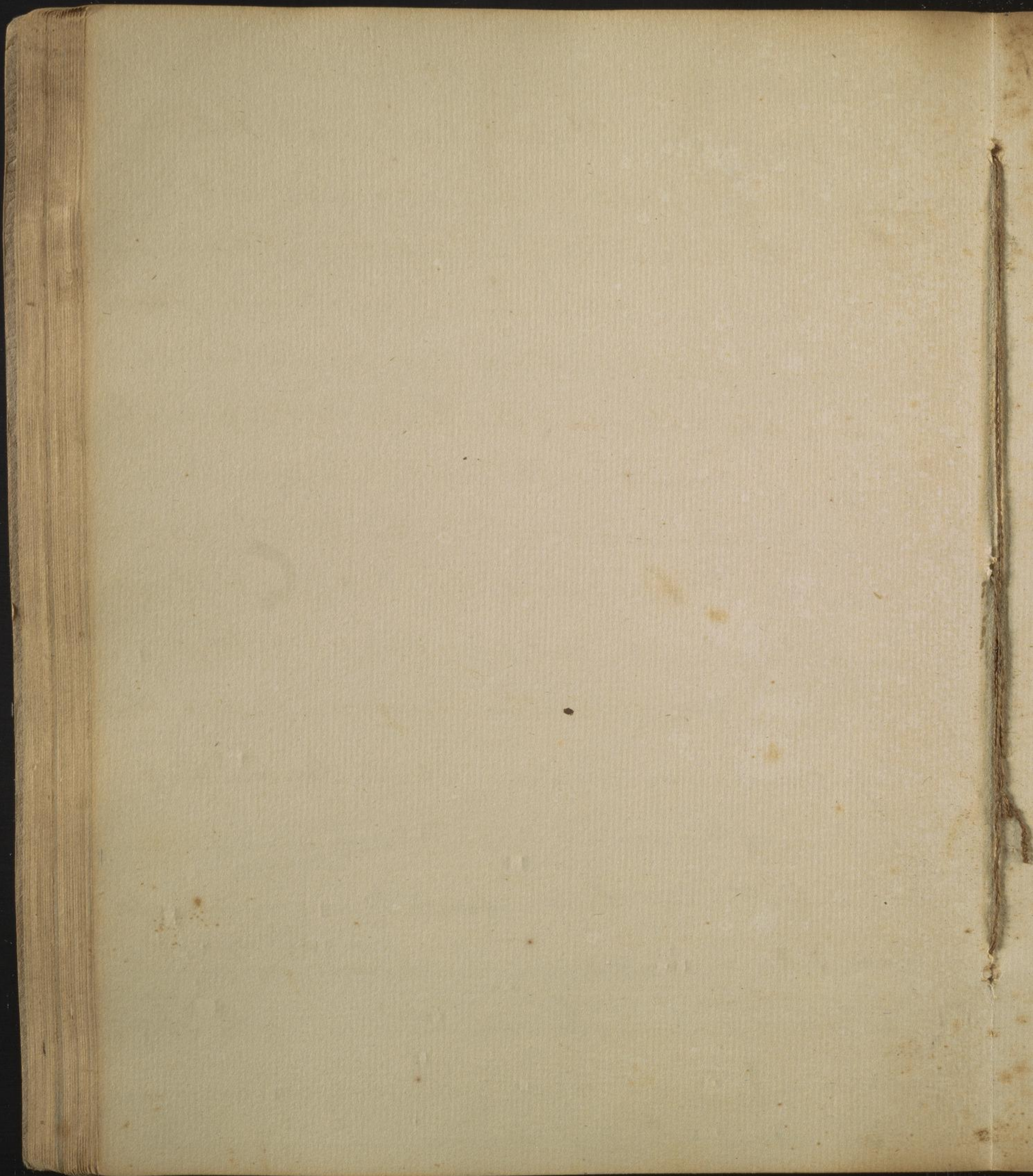






as she does at 10 or 11<sup>o</sup> of lock at night, &  
 who finds her sleep refreshing & salutary.  
 Ligatures of all kinds are not only un-  
 friendly to valetudinarians in consump-  
 tions but in other indispersions. I once  
 knew an acute colic pain cured by unlac-  
 king a tight shoe, & the late Mr Ingersol  
 Judge of Admir<sup>y</sup> in this city informed me  
 that he always cured a giddiness in his  
 head to <sup>ch</sup> he was subject after sitting  
 long in court, only by slipping down  
 his shoes & untying his garters. But further  
 Ligatures are unfriendly to <sup>active</sup> study. the ex-  
 -ercises of the mind. hence we find studious  
 men both in their closets & upon canvases  
 are always appear <sup>in slippers</sup> in loose garments  
 and in <sup>loose</sup> gowns, & sometimes with open  
 collars. [I was once at a loss to account  
 for this, but I now know by experience







the necessity & benefits of it - for I am un-  
 - able to prosecute any subject that requires  
 close or intense thinking untill I have first  
 relieved myself from the fetters of my  
 garters & shoe buckles - hence I am ~~obliged~~  
<sup>obliged</sup> ~~downed~~ by the duties of my profession  
 to employ the latest hours of the evening  
 only in my studies. - The manner in  
 which these tight articles of dress operate  
 in diseases & on the mind in health  
 must be obvious to you all. They are  
 direct stimuli to the body, and as such  
 they divert the mind from its pursuits  
 in the same manner that noise, or pain  
 from any cause ~~will~~ <sup>to</sup> will do. But return  
 & ~~be careful~~ one more caution is  
 necessary under this head, & it is to  
 to advise your patients never to sleep  
 in damp sheets. Perhaps to prevent this,



v Let it not be supposed that I recom-  
mend lying down every time a patient  
stops at an inn. By no means. The more  
a patient in a consump<sup>n</sup> can sit up  
or walk about  
without fatigue the better, - for the cough  
is always increased by a recumbent pos-  
-ture.

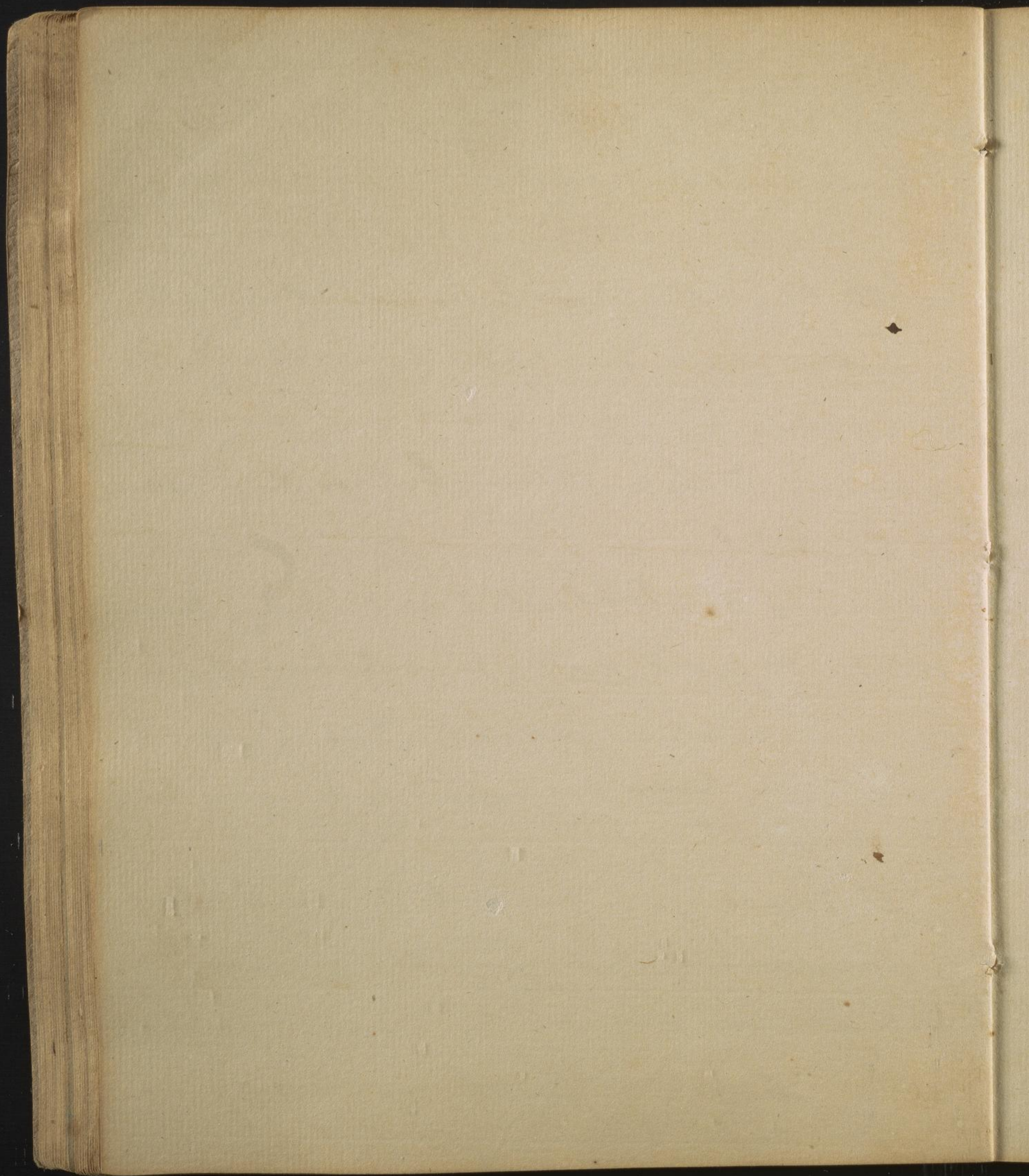


They had better carry sheets with them. If they do not let them have the sheets of the public house exposed to the fire as is common with travellers in France, or let them sleep in between blankets.

I am aware in advice we shall <sup>reasonable</sup> contradict an opinion of our Countryman Dr Franklin, but as the Dr has formed his opinion of the effects of damp air & <sup>wet</sup> cloaths only from their effects on healthy people, & not upon consumptive patients. But more of this in our ~~lectures~~ Domestic & culinary lectures. ~~I~~ V

Advise your patients to avoid the large companies, and especially evening & night companies. The breath & perspiration of 10, or 15 people in a common bed room, & more especially when



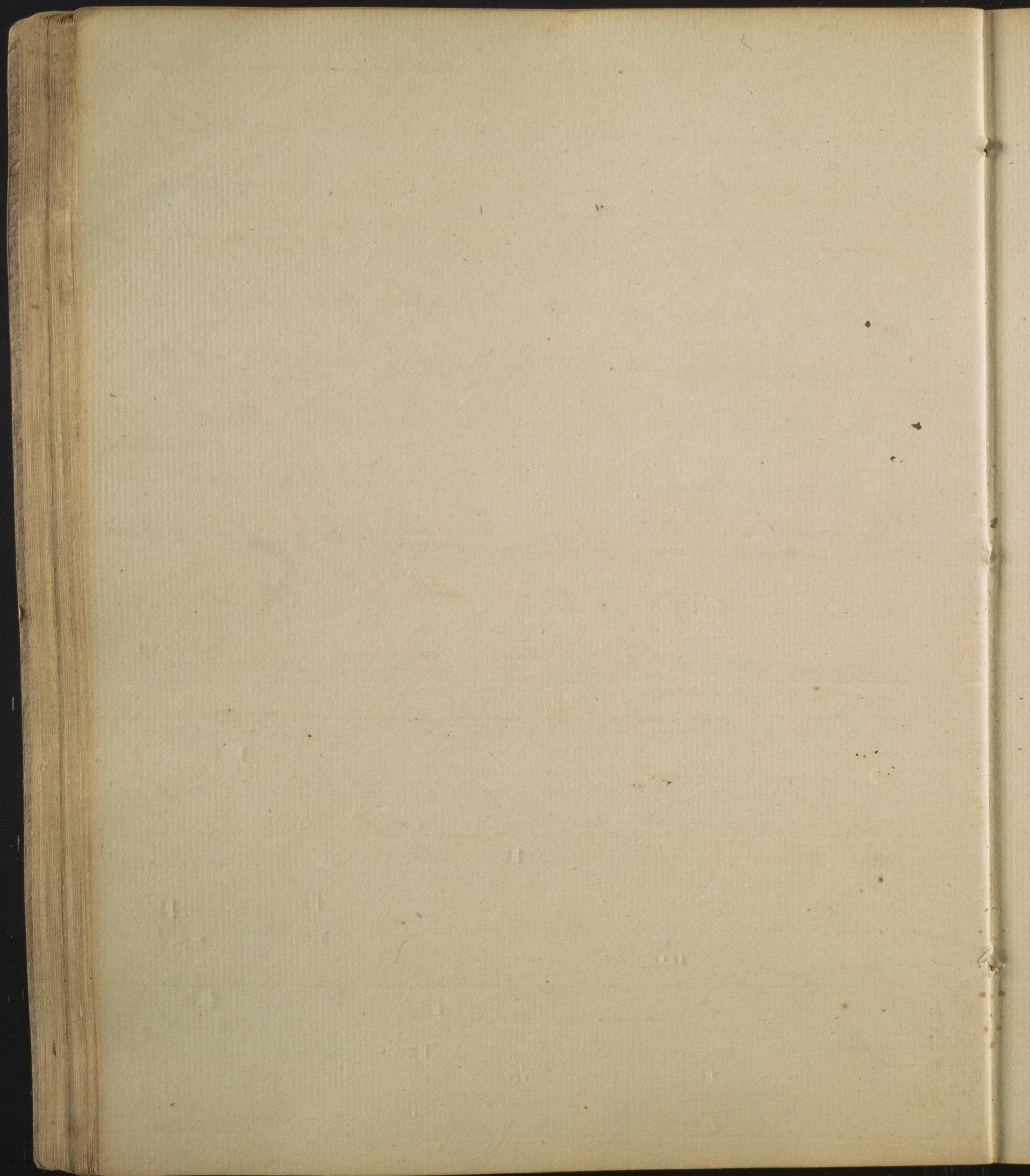




heated by the effluvia of more of five  
 smoking dishes of meat, and phlogis-  
 -ticated by 15 or 20 Candles is poison  
 to the lungs of a consumptive patient.  
 I once heard of a gent<sup>l</sup> ~~who~~ with weak  
 lungs who died the next morning after  
 spending an evening under the above  
 circumstances. The Air in this case is  
<sup>as</sup> ~~is an~~ ~~an~~ ~~indirect stimulant,~~ & produced  
 sudden debility & death. For the same  
 reason that large companies are hurtful,  
 consumptive patients sh<sup>d</sup> avoid sleeping  
 in crowded rooms - or with Curtains,  
 or even with a bed fellow. —

7 Direct your patients to avoid the  
 Society of men or women ~~of~~ who pos-  
 -sess great powers of entertaining  
 company. A consumptive patient







178 a humor which  
had better meet a ~~lighthearted~~ over  
his journey than a "merry fellow."

in a consump-  
A female patient of mine ~~lost from~~  
~~and~~ bursted a blood vessel by ~~an~~ yield-  
ing to the impulse of a flash of humor,  
upon her body. — Many instances of the  
same kind might be adduced from the  
Annals of Medicine. In condemning

Mirth I do not condemn Cheerfulness.

The one is a <sup>direct</sup> gentle & invigorating  
Stimulus — ~~the other is~~ the other  
from its excess of stimulus  
~~is an indirect & debilitating stimulus~~  
~~or sedentary~~ produces <sup>indirect debility</sup> languor & in some

instances death. ~~and~~ Cheerfulness is  
the pleasure of wise men & philosophers —

— Mirth is the ~~and~~ pleasure of Buffoons  
& fools. Cheerfulness It has nothing to  
do — with Cheerfulness — hence, it was once  
well said of a man who refused to par-  
take



✓ One is accompanied with Volition, or  
the other is a mere animal com-  
-motion, & performed before the mind  
has time to produce a regular Act.



179

in <sup>a</sup> general roar of laughter, than he was  
"too happy to be merry." —

8 are there any passions that may be  
employed to advantage in this disease  
in the course of the Journeys of consump-  
-tive patients. Dr Blane tells us y:  
many Consumptive people were relieved  
& some recovered by the dreadful hurri-  
-cane of 1780 in Barbadoes. <sup>Fear we</sup> ~~The terror~~  
<sup>know is</sup> ~~hence~~ ~~an indirect stimulus, and~~  
~~of course~~ a debilitating passion, but  
the power which acted here was not  
fear but terror. The one is called by  
Lord Haimes & other Metaphysicians, a  
passion — the other an emotion. <sup>The</sup> ~~The~~  
one viz fear leads to inaction — the  
other viz: terror — leads to exertion  
both of body & mind — hence it is  
invigorating, and of course medicinal



+ ~~From~~ The efficacy of the Buxley Springs I believe is derived in part from the influence of a circumstance but little attended to by Physicians. From 200 to 500 patients, afflicted with the whole nomenclature of diseases have visited those Springs in the course of the last 17 years - out of ~~the~~ whom only 16 have <sup>died at the Springs.</sup> ~~died at the Springs~~ ~~left graves behind them~~. The recital of this fact which is daily told to every invalid, <sup>the</sup> ~~the~~ <sup>wonderful</sup> histories of thousands of cures, have done ~~more~~ as much as the waters of the Springs, or any other circumstance attending them.

✓ ~~or by travelling~~ <sup>by travelling</sup> this new & half civilized countries - and lodging in taverns where an apprehension might now & then be excited of robbery, or murders before morning. —



180  
in a high degree to ~~the~~ <sup>the</sup> debilitated body  
when it is confined to those degrees which  
are only directly stimulating. It will  
be difficult to imitate the accidental cures  
recorded by Dr Blane - But we may learn  
~~and~~ from them to recommend hope &  
confidence in the remedies we are using.  
- These are invigorating passions<sup>+</sup>. Perhaps  
a moderate degree of terror might now  
& then be excited by conducting our patients  
to precipices - or crossing dangerous  
~~as by the~~ <sup>by the</sup> cricks or bridges, - Vanowiten relates  
cures of consumptions by patients  
falling into streams of cold water.  
- Perhaps in both instances the cures  
were performed only by the fright  
& consequent exertion ~~of the~~ produced  
by the fall. —



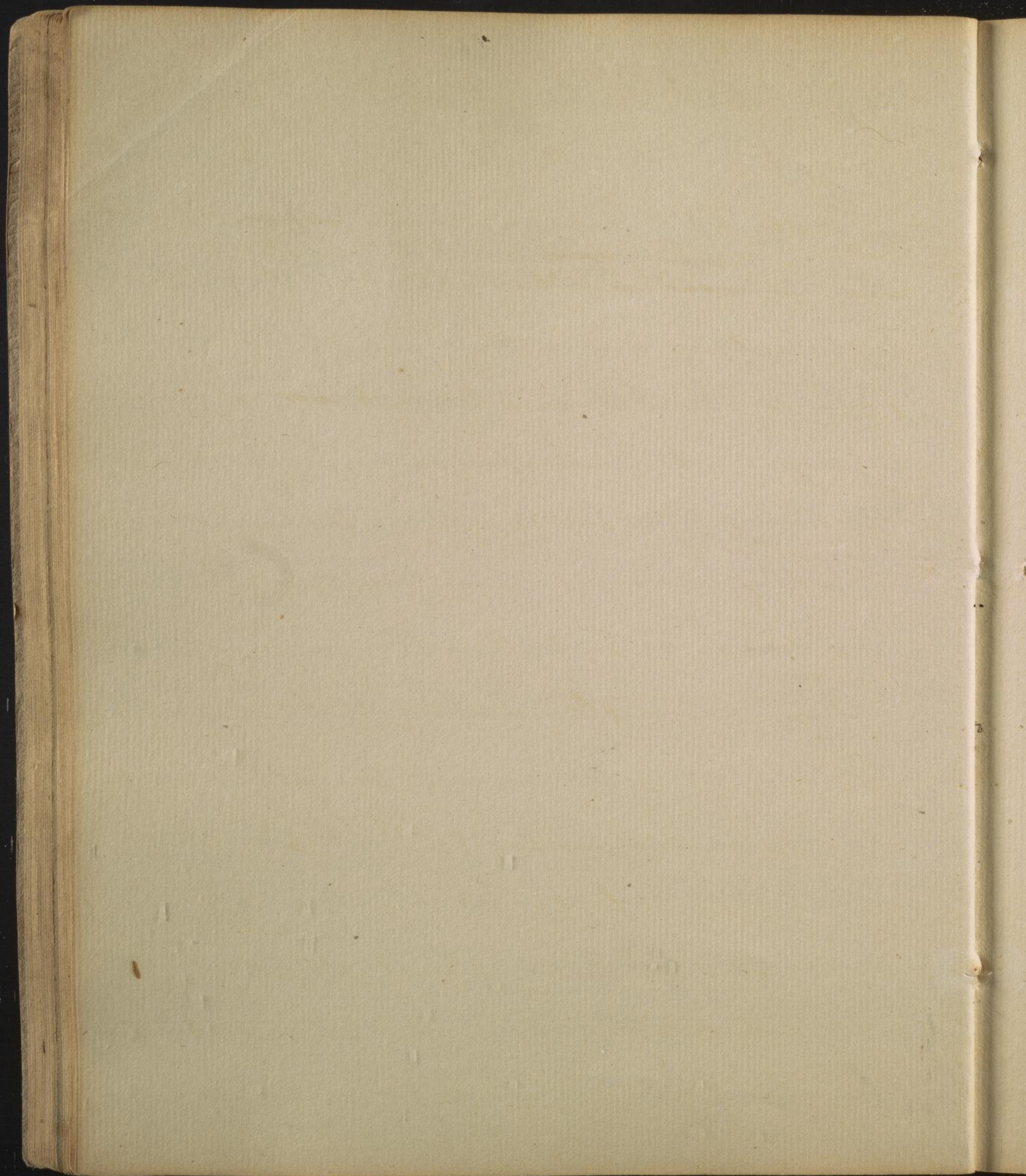
+ The two first & sometimes the 3<sup>rd</sup> Spring months <sup>the</sup> are unfavourable to consumptive people in middle States. All valitudinarians are worst in the Spring all over the world - ~~owing to the~~ <sup>where a</sup> variableness of the weather ~~in~~ <sup>at</sup> ~~all~~ <sup>these</sup> ~~times~~ <sup>seasons</sup>. The Spaniards say the Spring is variegated with flowers to make invalids forget their sickness and distresses. —

✓ A town thro' the American States would  
be more useful to <sup>Britons</sup> ~~Europeans~~ than travel<sup>g</sup>.  
on the Continent of Europe - Less tempta-  
-tions to ~~ple~~ ~~some~~ improper company or plea-  
-sure & more variety to awaken attention &c.



9 In what Seasons should our patients  
 travel? The winter & summer months  
 are equally unfavorable for it in  
 the ~~continental~~ <sup>middle states</sup> ~~middle states~~ of America. — But  
 by travelling from one end of the United  
 States to the Other, a patient may enjoy  
 a perpetual ~~constant~~ spring or autumn.  
 He may pass his winters in travelling  
 thro' the Carolinas and Georgia — & his  
 Summers in visiting the Eastern States,  
 or in crossing the Lakes that lead to  
 Canada. — He must by all means  
 avoid as much as possible the Sea  
 Coast of America — for the Air of the  
 Sea Shore for from its mixture with  
 the Air of the land is extremely  
 hurtful in consumptive complaints.





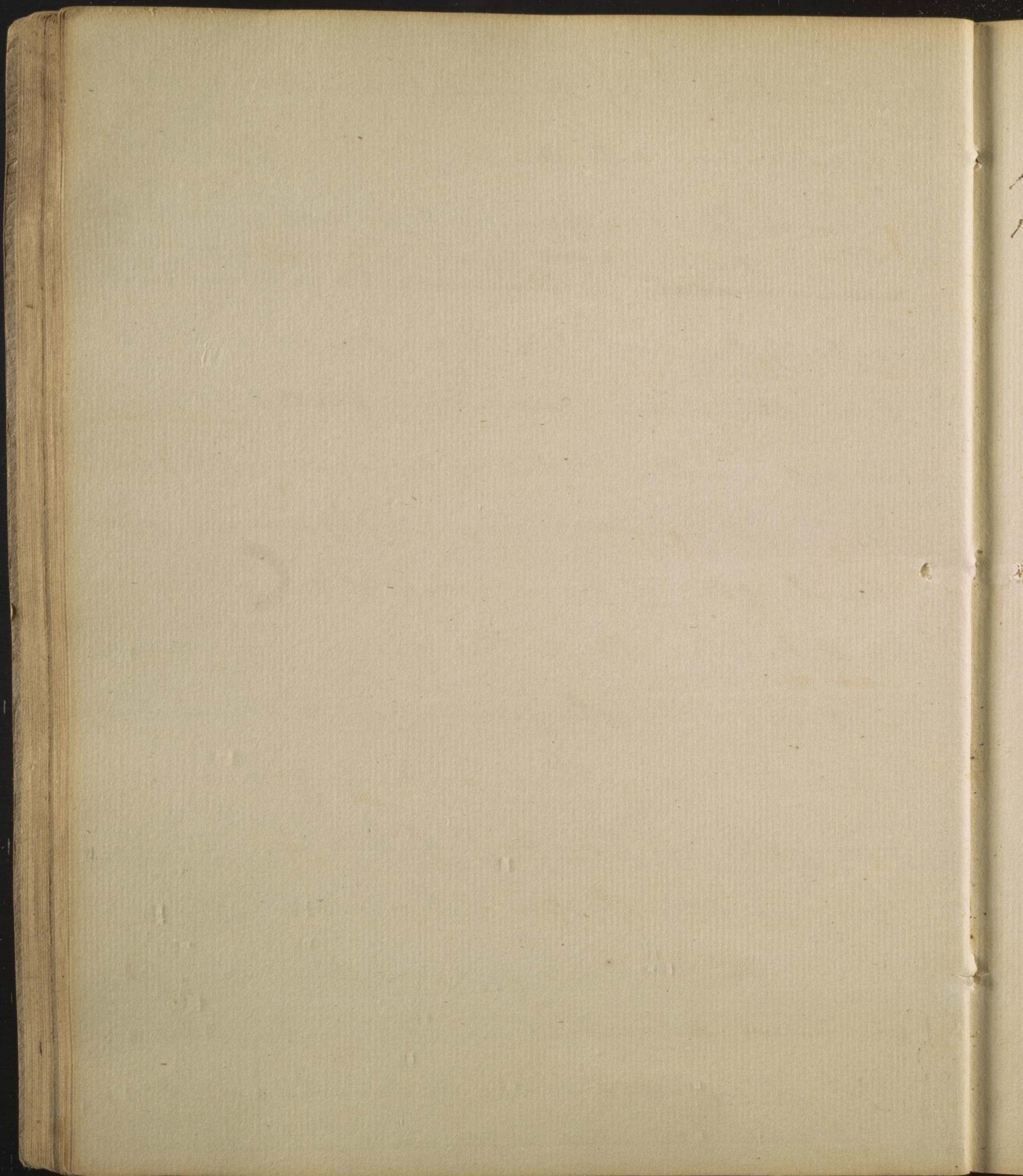


10. How long should travelling be continued at once to be effectual?

- ~~not~~ If it requires two ~~or~~ years to <sup>benefit or change</sup> ~~accommodate~~ <sup>for</sup> a climate to a constitution, certainly not less than six months' travelling can produce a ~~prop~~ permanent change in the habit of a consumptive patient. A tone acquired & preserved for this length of time cannot soon be ruined by debility. But the cure must not rest on a single journey; it must be repeated every two or three years till our patient has passed his 36<sup>th</sup> <sup>year</sup> - or the consumptive stages of human life. -

To secure a perfect obedience to medical advice it would be highly useful if consumptive patients could always be accompanied by a physician.

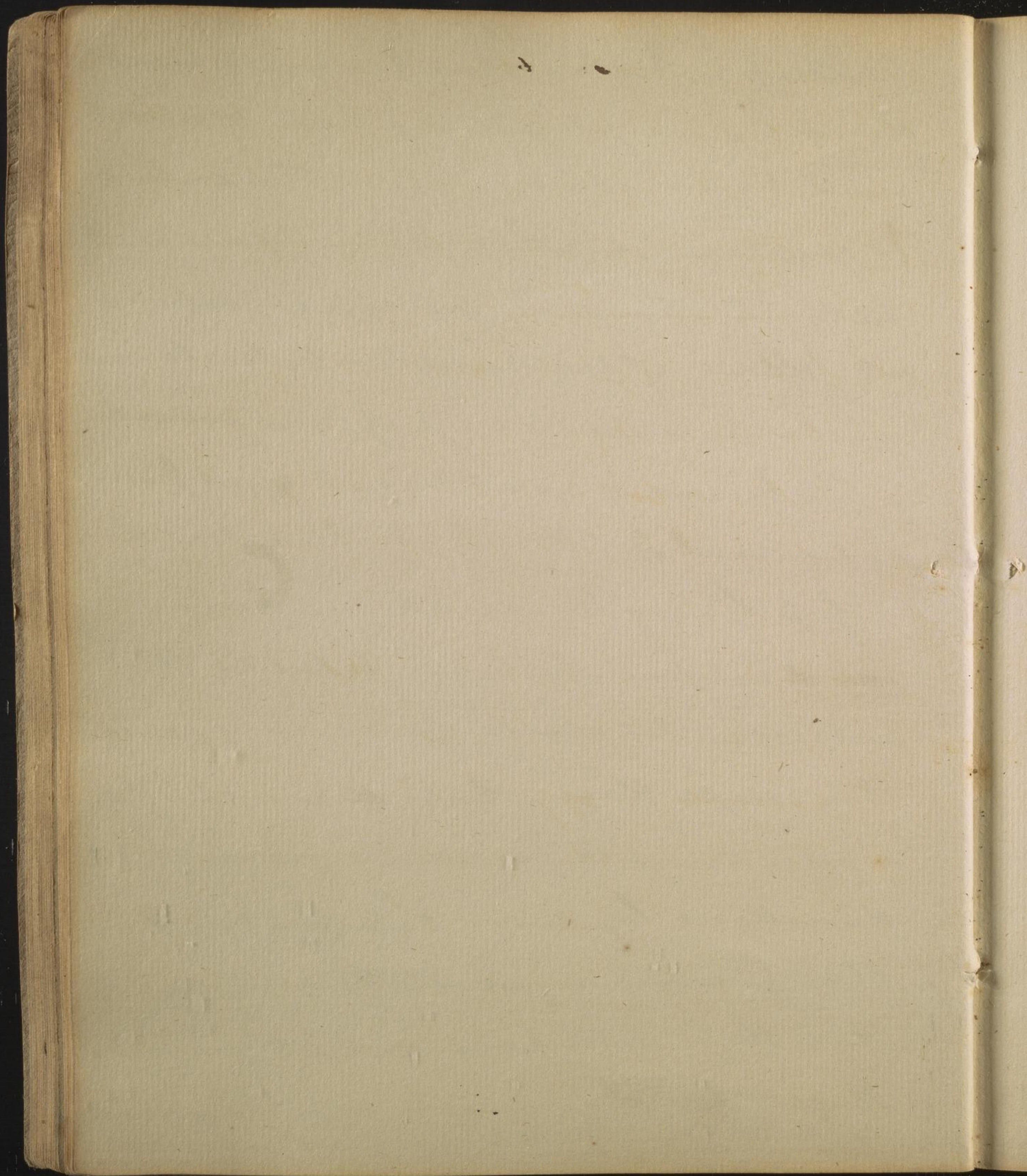






Madness in England has become a curable disorder since physicians have opened <sup>private</sup> mad houses, & have taken the entire<sup>n</sup> & constant direction of their maniacal patients. The same good effects, I believe w<sup>d</sup> follow, - if consumptive patients were constantly under the eye of their <sup>physicians.</sup> patients. - The keener of appetite, and great stock of animal spirits which these people possess hurry them into an hundred ~~and~~ escapes which are fatal to the best concerted plans of a recovery, or if they escape these, their desire of life exposes them to be seduced from our directions by every quack remedy that is recommended to them - and of these they will have no at every stage - for their cough is a signal <sup>of their</sup> disease, and even hostlers, and

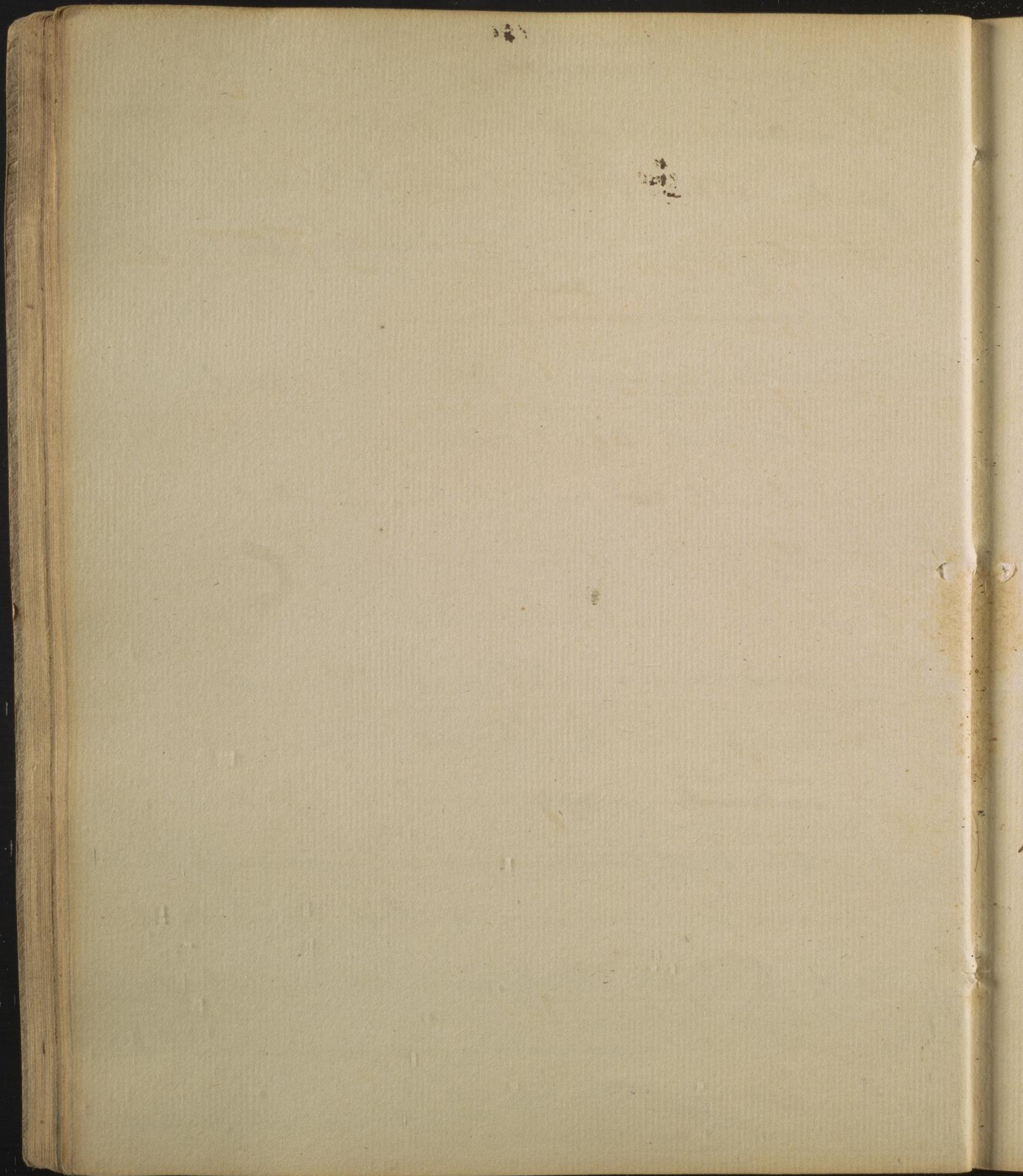






184 have all their nostrums  
ferry men ~~proceeds~~ for consumptions.  
Two observations are suggested by these  
facts. 1st that the love of health, like  
the love of money levels all capacities.  
Hence we see  
— ~~I have known~~ persons of the least  
understandings in other things, desert  
the advice of age - experience - & the qua-  
-lified skill, ~~to~~ and submit themselves  
wholly to the directions of persons of the  
most contemptible characters for ignorance  
in medicine. — The 2<sup>nd</sup> observation is  
taken from Dr. Cullen, — The carelessness  
of <sup>man kind in</sup> ~~patients in~~ general in preserving  
health, & of patients in pursuing the  
means for restoring it, led him to re-  
-mark "that there is nothing of so  
much consequence to mankind as  
health except it <sup>be</sup> their eternal







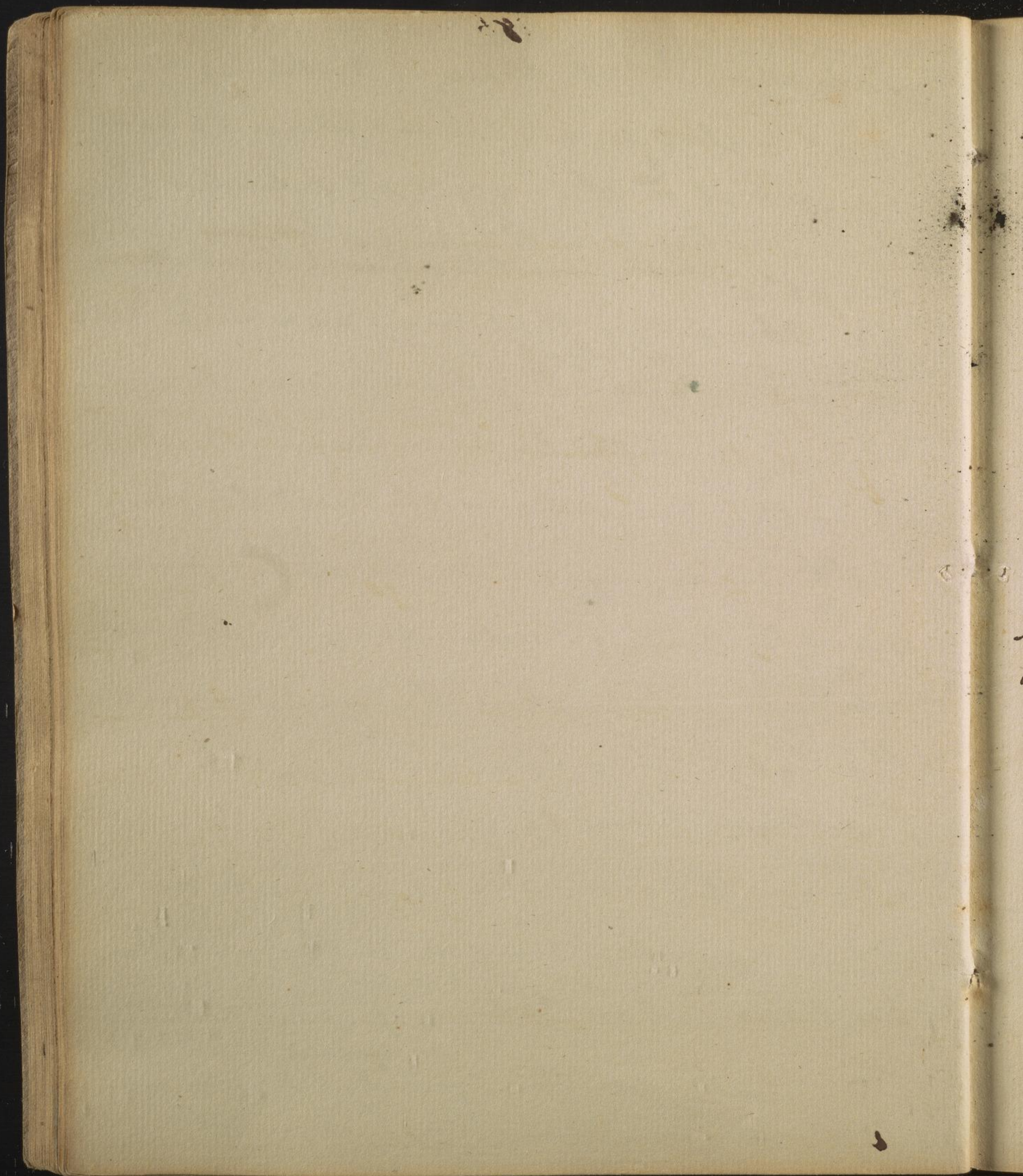
Salvation, & yet there is nothing more  
- kind neglect so much as their health,  
except it <sup>be</sup> their eternal Salvation".

I beg leave to introduce ~~lecture~~ <sup>lectures</sup> in  
this place ~~on the same subject~~ <sup>on this</sup> subject ~~by~~  
an Observation, that may appear a little  
foreign to <sup>our subject</sup> it. Physicians are some-

- times consulted by their patients respec-  
- ting the Occupations of their Children.

- It is very common to advise putting  
weeibly boys to sedentary employment:  
<sup>to</sup> or such as employ the mind more than  
the body. This is a most injudicious  
practice. Weeibly young men should  
always be advised to choose such occupa-  
- tions as will strengthen their bodies  
by hard labor & by exposure to the  
Air - such as the <sup>or agricultural</sup> naval life, or some  
laborious mechan: employment.

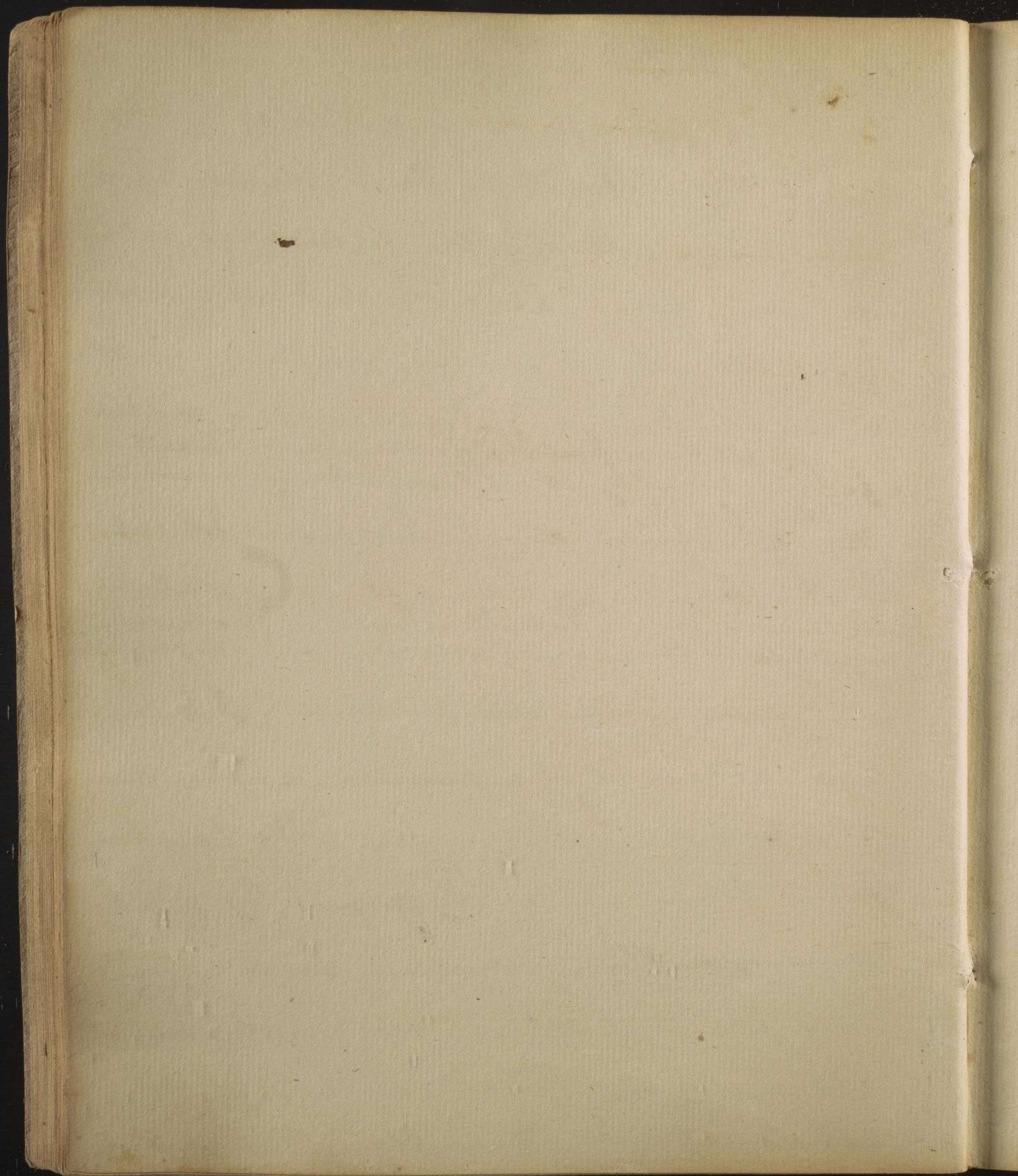






If they have been prepared by a liberal  
 education for a learned profession - physics  
 should be preferred to law - divinity or  
 commerce all of which require sitting  
 so many hours <sup>in a day</sup> at a Desk, & in a pos-  
 =ture too which is very unfavourable  
 to weak lungs. I owe my present pro-  
 =fession wholly to a hereditary consump-  
 =tive diathesis which discovered itself  
 in the 16<sup>th</sup> year of my age, and probably  
 I am indebted for my present existence in this world,  
 my life, to the constant & moderate exercise  
 which is connected with it. I know  
 two instances of ~~apprentices~~ apprentices  
 to a printer in this city who have been  
 saved from an early grave by acting  
 for two or three years as prepressmen  
 in a printing office - an employment  
 which requires great exertion of the  
 whole body, & especially of the upper







187.  
liants. — ~~and~~ I have known many in-  
stances of ~~these~~ <sup>young men</sup> ~~men~~ with weak lungs  
whose constitutions have been at it  
were renovated, by the toils of which  
are connected with the life of a sailor  
& a farmer. —

I mentioned formerly that these di-  
rections to our patients should be communi-  
-ted to writing, otherwise they will soon  
be forgotten, or misunderstood by them.

But this writing should be fair & legible.

<sup>Altho' a</sup>  
for ~~business~~ man may be an excellent  
Latin & Greek Scholar & even a fine Gen-  
-leman & write a bad hand, & even  
<sup>bad</sup> grammar, yet he cannot be a <sup>safe</sup> ~~good~~  
Physician without ~~as~~ accustoming himself  
to write a ~~fair~~ distinct, and  
legible hand in all his prescriptions  
& directions. —



✓ Its proximate cause - excess, or defect  
of action from the stimulus of a specific  
contagion. - ~~Excess~~ There is an exception  
to debility as a predisposing cause - altho'  
it has great influence on the disease.  
- It claps <sup>to</sup> the poisons & wounds which  
shd have been excepted from our general  
proposition.



I wish these facts mentioned in this lecture to be well remembered, as I shall have occasion frequently to refer to them <sup>th</sup> without repeating them. -

### Small pox

This disease evidently affects the whole system, & like some others which have been described shows itself in the lungs & throat. <sup>For a history see Cullen - it is then - Hilling.</sup> I define it to be contagious  
 " a fever accompanied with an acute pain in the back, and soreness about the epigastric region, sometimes a vomiting with an eruption of small pustules ~~on~~ between the 2<sup>nd</sup> & fifth day after the attack of the fever, which ~~are~~ <sup>often</sup> ~~are~~ fill with a purulent or watery matter."

It has two species.

- 1 The distinct or phlogistic smallpox
- & 2 The confluent, or typhoid smallpox.

I define the first to be <sup>with</sup> ~~with~~ <sup>of</sup> ~~of~~ pustules  
 " a fever with hard pulse, an eruption,



+ The small pox has been further divided into  
filigose - crystalline - dry - <sup>& bloody</sup> But the appea-  
- rance of w: lay <sup>in</sup> foundation for these names  
appear in both species. what they are? -

- It is remarkable the fever of the small pox is  
sometimes intermitting. a circumstance <sup>in favor</sup> of the  
idea of the Inter? fever being only orig? fever.

VI. In what manner is the disease propaga-  
- ted? By contagion conveyed thro' by the  
breath - the effluvia of the body - the cloaths -  
and thro' the medium of the air. It may  
be conveyed to a great distance by means  
of wind or smoke - hence it spreads thro'  
whole neighborhoods that have no con-  
- nection with each other. It is remarka-  
- ble that fire does not destroy it - It adheres  
to paper - is conveyed by a letter - is propaga-  
- ted after death - & may be preserved for  
many months if dry. <sup>It is preserved for</sup> perhaps years by  
the Chinese in boxes ~~see~~ carefully  
sealed. They use the scabs only & inoculate  
by thrusting them up the nose.



beginning 189 the fever abating after the  
on the 3<sup>rd</sup> and ending on the 5<sup>th</sup> or 6<sup>th</sup> day<sup>1</sup>  
eruption is completed". -

To this definition there is sometimes an ex-  
ception. I have seen a second crop of poek  
appear on the 9 & 10<sup>th</sup> day.

I define the 2<sup>nd</sup> to be a fever with a weak <sup>full on</sup>  
~~weak~~ with numerous flat <sup>which</sup> ~~forms~~  
& quick pulse, ~~be accompanied~~ <sup>accompanied</sup>  
~~with effluvia~~ <sup>with pustules</sup>, and which generally  
appears ~~on~~ on the 2<sup>nd</sup> day, - sometimes  
accompanied with diarrhoea<sup>2</sup>. the fever  
continuing ~~all~~ after the eruption is  
completed" +

Before I proceed to treat of each shall <sup>propose</sup> ~~make~~  
~~of the distinct points~~  
a few ~~general~~ inquiries. - V

2 How long does the disease lie in the body  
before it excites the fever? in <sup>2</sup> what way?  
- generally 12, or 14 days - but I have heard  
from D<sup>r</sup> Huch a satisfactory case of its not  
producing the fever for 20 days.

3 Is there any mode of destroying the contagion  
before it <sup>it produces</sup> ~~produces~~ the ~~contagious~~ fever? yes -  
But this <sup>belongs to</sup> ~~will be discussed under~~ the subject



✓ 5<sup>th</sup> Is the disease universal? - no, some  
people tho' exposed to escape it during life.



of inoculation.

Is there any mode of destroying the contagion <sup>or lessening</sup> before it produces the fever? <sup>it</sup> yes - <sup>may be lessened</sup> by strong doses of Calomel & of Emetic.  
I think I have done service by these medicines in the eruptive fever of the Small pox. I have heard <sup>†</sup> in Africa they extinguish the disease <sup>after it has appeared</sup> by first rubbing the body ~~with~~ with pepper, & then plunging it in cold water. I shall now proceed to treat

### 1 Of the distinct small pox.

I shall 1 treat of the eruptive fever, &  
2 of the secondary fever.

† The remedies proper in inflam<sup>d</sup> fever are proper here.

1 Bleeding.

2 Strong debilitating doses of Calom.

† tart. Emet. I once gave a sailor a dose of these which worked him a whole day. He escaped I believe, death in consequence of it. I took the hint from Hillary who supposed absurdly that



~~for~~  
v lungs are affected - for here is no predispo-  
-sing debility, except perhaps when taken  
in cold weather.



the & operated specifically in destroying the contagion.

(3) Blisters to the neck if coma or delirium attend - These often occur - & the blisters seldom fail of removing them.

(4) Letting up - This is of great consequence. It is the burden of Dr. Sydenham's new method of treating the small pox. It checks the eruption of the pox. It is particularly useful in a delirium.

5 Cool or Cold Air - of this as a sedative or indirect stimulus I spoke formerly. - a case related in London of a person supposed to be dead cured by it. Lettuce - but here them in Prunum even where the  
6 Cool diluting drinks - wine - saffron tea - & all heating drinks improper.

(7) Opiates - These should never be used till the eruption is completed. They are then proper - every night, for the suppuration is attended with pain & wakefulness.  
2 The secondary fever.

The danger here is from 3 causes.

1 inflamm<sup>n</sup> of the lungs. 2 Clamminess



✓ In this case - the remedies formerly  
recommended under the head of Pneumonia  
typhodes are proper. -



or viscosity of the mucus of the throat & trachea. - ~~by~~ - & from the subsidence of the swelling of the face & head. -

1 To relieve the inflamm<sup>n</sup> of the lungs. Bleeding - blistering - & emetics <sup>sh<sup>d</sup></sup> being used, - I have seen blood drawn in this stage as easy as in pleurisy, & I have seen a pulse of Squills snatch a patient in it from the jaws of death. The inflamm<sup>n</sup> of the lungs is, <sup>generally</sup> vera & not typhoid. But sometimes typhoid.

2 To then & evacuate the mucus of the throat w<sup>h</sup> threatens suffocation there. I have seen produce a ~~trachea~~ <sup>Cynanche trachealis</sup> which is almost infallible, & is  $\frac{1}{2}$  - It sh<sup>d</sup> be given - as soon as the eruption is completed, if danger <sup>be</sup> is apprehended from y<sup>e</sup> mucus, so that it may excite a salivation at the turn of the pock. To ensure this salivation & al ointment sh<sup>d</sup> be <sup>or applied</sup> rubbed into the outside of the throat. The more plentiful,



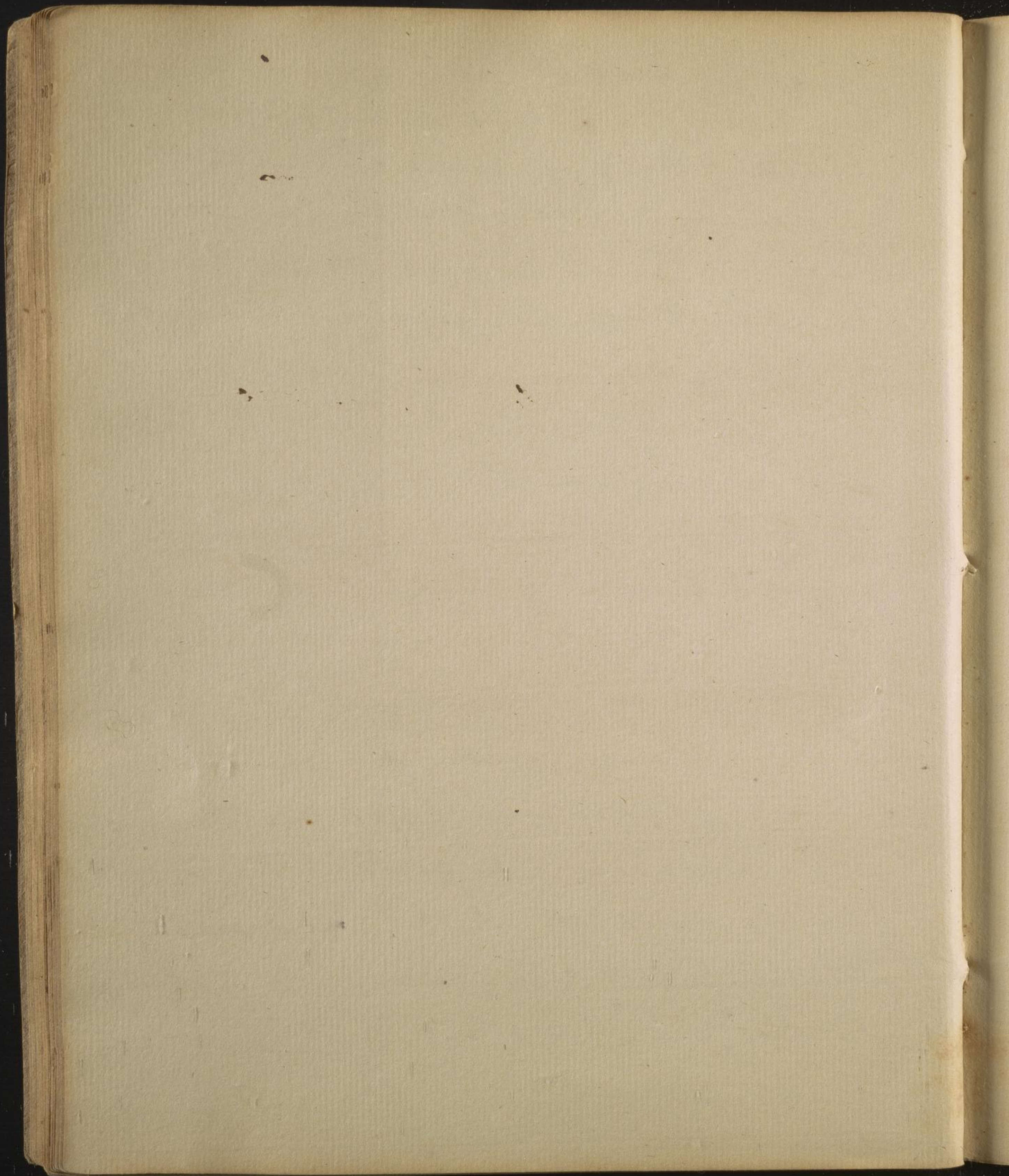
✓ To assist in the Discharge of this mucus  
deturgent gargles should be used - im-  
pregnated with substances gently stimu-  
-lating. - This a Salivation is so essential  
a Symptom in this Stage of the small  
pox, that <sup>Dr Sydenham informs us</sup> when this disorder reigned the  
monarch <sup>of</sup> the Epidemics, it marked <sup>it</sup> <sup>to highly</sup>  
but other fevers with this Symptom <sup>which</sup>  
+ he calls a <sup>variola</sup> ~~variolous~~ fever. - One case  
Erving - no swelling in the face - no Salivation &c  
see his Case in Epidemics. -



the less the danger — It is agreeable to see how liquid the matter discharged from the action of the  $\frac{1}{2}$  is — compared with that which is discharged without it. I have seen this medicine given in perhaps an hundred cases with effect. I consider it as a discovery & acknowledge myself indebted for it to my old master — the Presid<sup>t</sup> of the College of Physicians in this city. V

3 To prevent any bad effects from the sudden subsidence of the swellings of the head & face. — The following remedies are proper  
 1 gentle purges — 2 Bathing the hands & feet in warm water, or warm & moist cataplasms applied to them — in some instances with garlic. The more the limbs swell, the better. ~~now~~ It is the natural transition of the swelling of the face. 3 Blisters — to the neck — & extremities, These are the more necessary, if the Baths, & cataplasms do not promote







the swellings of the limbs. 4 Opening the  
 pustles with a Needle. This <sup>is</sup> a stimulus,  
 & it is said prevents the pox <sup>from</sup> ~~from~~ marking  
 the body. — 5 Changing the patients linen  
 every day. A shirt worn ~~on~~ <sup>only</sup> for a few  
 in this disease  
 days, has been compared by Dr Huxham  
 to the poisonous shirt of Stenulus. —

or rather resurrection  
 After <sup>recovery</sup> from this disease,  
 (to ~~use~~ borrow another happy phrase from  
 Dr Huxham) two or three gentle purges  
 are proper. They prevent or cure ophthalmia,  
 & troublesome fores <sup>in</sup> sometimes follow  
 the disease. —

## 2 Of the Confluent small pox.

It may be expected by early eruption,  
 Diarrhea — or hemorrhages, especially  
 It is much influenced by the reigning  
 Epidemic, — hence this species is most  
 common in seasons when malignant  
 fever prevail. —



✓ also animal food such as Beef steaks  
ham - Chickens Ewing, & Muller's gill;  
cases. — It is remarkable that the appetite  
in this species of small pox is often unin-  
jured. —



Its remedies. are all those common?  
 for typhus fever. — 1 - when excess of  
 action prevails <sup>ch</sup> is often the case in  
 the beginning, and moderate bleeding is  
 necessary - together with emetics - gentle  
 purges - if no Diarrhoea attends <sup>together</sup> with  
 cold drinks & cool air. — But if the  
 typhus with defect of action takes, the  
 remedies must be wine - Bark by the <sup>Porter</sup>  
 mouth, & by Glyster - & Opium taken  
 according to Dr Husham 3 times a day,  
 & according to Dr Stork every six hours.  
 Fresh air must be admitted to our  
 patients, but cold ~~air~~ & even too  
 cool air, also cold drinks are highly  
 injurious. From the neglect of this  
 distinction between the two ~~forms~~  
 varieties of these species, Dr Sydenham  
 & Dr Morton <sup>have</sup> differed in their accounts



or livid pock

✓ Incipient maculae, may be touched with  
a diluted spirit of sea salt or Or. I have  
often seen it check them, & give them a  
good appearance next day. I ~~must~~ see a wo-  
man almost every day in 3<sup>rd</sup> Street whom  
when a child, I saw recovered from the  
small pox with many hundred of these  
livid pock. —



of the small pox, & from the same cause, many thousand patients have been sacrificed by succeeding physicians, according as they have blindly followed in all cases either the first or the last of them. ✓

To the two species of small pox Perhaps it might be proper to add — ~~then~~ a 3<sup>d</sup> viz: the cuticular small pox.

This sometimes affects persons who have never had it, in so superficial a manner as to expose them to a 2<sup>nd</sup> attack of the disorder. It likewise affects nurses, & other attendants on the sick. I have seen it, & felt it several times. That it is a variolous disease, I infer from its producing the small pox by inoculation.

— It happens sometimes when the disorder is taken in the natural way, but it occurs most frequently from inoculation.



(a) Sydenham & Van Swieten both relate facts that make it probable that there may be a fever without an eruption in the natural way <sup>or</sup> it occurs as a 2<sup>nd</sup> attack. In this fever there is great excretion from sweat, salivation or hemorrhage.

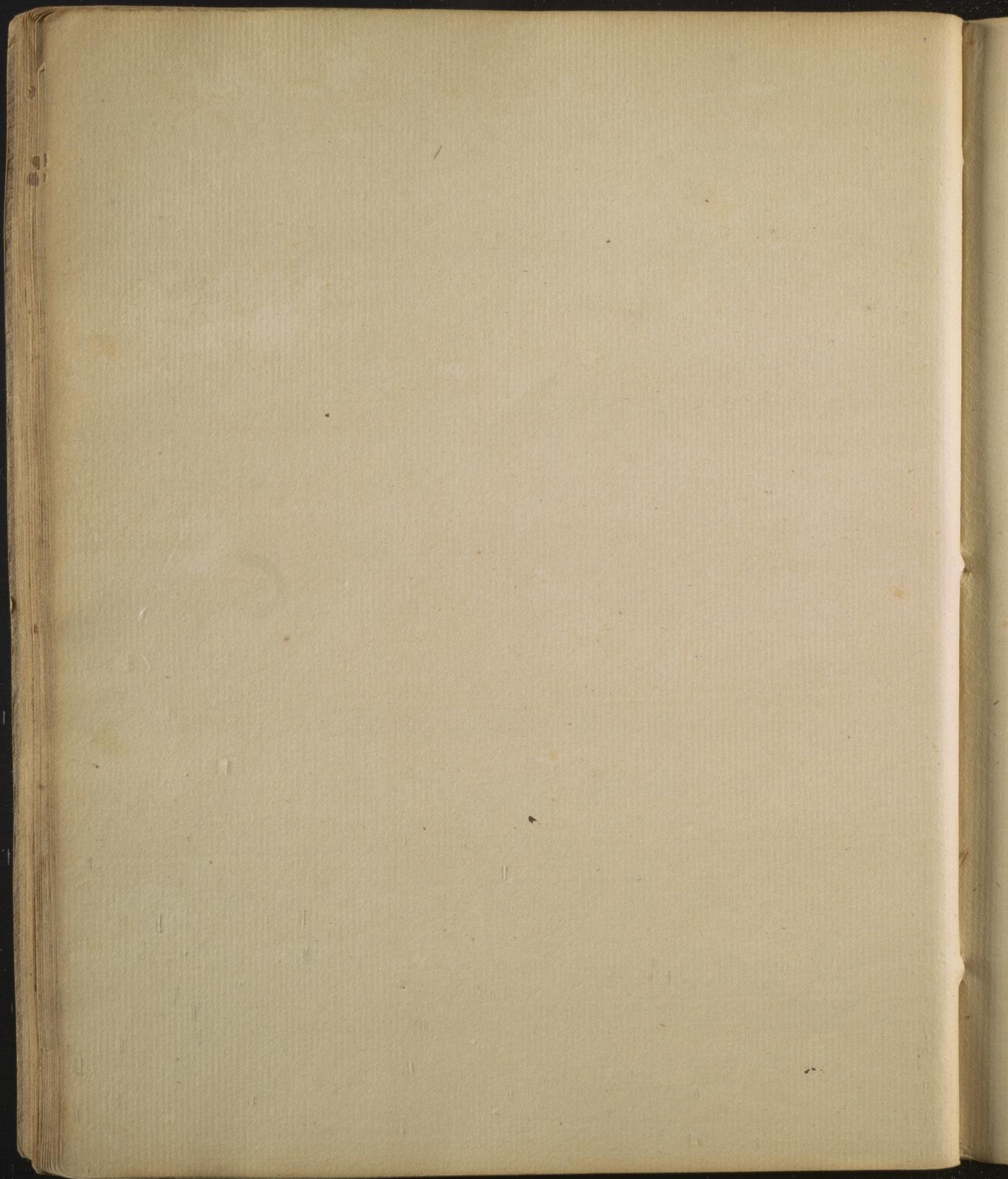
~~It is~~ It is a singular fact, & worthy of being remembered that Children may be affected in the womb by this disorder, even where the mother has had it, & if no miscarriage happens, & the puerles run on this full course, the Child is ever afterwards secured against a 2<sup>nd</sup> attack of it. Williams's case at Hennington. — The small pox is always attended with danger in pregnant women — owing to inflamm<sup>y</sup> diathesis — always being present in that state of the female system.



run.  
 I have the small pox taken ~~on~~ a second time after not only an inflam<sup>n</sup> on the arm, & a rash on the skin, but after the eruption of several distinct pustles, tho' never ~~after~~ when these pustles have suppurated, or filled with matter <sup>or when</sup> there was a high fever.

On the Subject of Inoculation I refer you to the lecture published in the Volume of inquiries. — I shall only add <sup>a few</sup> observations that have since occurred to me. 1 That a large wound often prevents infection taking, by the blood <sup>th</sup> follows it washing the poison away. 2 The success of the puncture depends much <sup>in communicating the disease</sup> upon the sharpness of the lancet. A dull lancet by exciting an <sup>immediate</sup> inflam<sup>n</sup> after throws out the matter from the arm, & thereby prevents its being absorbed into the body. — 3 The small pox may be







communicated from the matter in the pustule of the arm, ~~of which~~ where it does not produce the disease in the system of the person from whom it is taken.

4. ~~The~~ Too much stress cannot be laid upon the habit of the body in preparing it, & the nature of the fever in the application of cold air. Much mischief done ~~in~~ by Inoculation from neglecting these two things. Bark & animal food useful sometimes in the former, & warm air in the latter case - But this you will see discussed at large in the lecture.

5 I have seen fresh matter produce the eruptive fever in five days from the day of inoculation in three persons inoculated <sup>at</sup> the same ~~same~~ time. They all belonged to one family. -



199. fresh

arise

6 I have seen a distinct pustule on the spot where a child was inoculated 2 months after its arm was well. The nurse who suckled this child told me she had seen 2 similar cases - One six weeks, & the other three months after inoculation.

7 Under the 1<sup>st</sup> head of the lecture I have mentioned the diseases under w<sup>ch</sup> patients have laboured who have rec<sup>d</sup> the small pox w<sup>th</sup> safety by inoculation. I can now add that I have seen <sup>two</sup> ~~three~~ instances of women who have passed thro' menstruation without suffering the least inconvenience, or increase of the small pox from it. —

8 A large abscess under the arm without any eruption, fatal in Dr. Parson's child. The sore had nearly healed. —



